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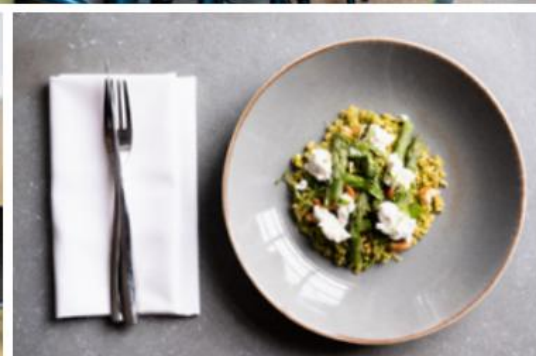
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WELCOME TO OUR SUMMER SPECIAL - our combined July and August issue! We take a light-hearted look at summer in the city versus summer by the coast - which do you prefer? Jonty Young of Norwich Lanes bigs up city life in the sun while Antonia Bournes of The Globe Inn in Wells argues that the seaside is just the place to be on a summer's day! We also suggest some of our favourite summer outings - both in Norwich and by the sea.

Emma Outten meets Sarah Daniels, a leading figure in the Proudly Norfolk organisation which supports foodie businesses in our region, and Keiron Tovell calls by a new smokehouse on the North Norfolk coast for his latest glorious photo essay.

Our popular eating out reviews take in both a city eaterie, The Eagle on Newmarket Road which has a huge garden, and Eric's Fish & Chips at Thornham in North Norfolk, where I round off my meal with a deep fried chocolate bar!

Simon Turner, the new chef patron at The Boars in South Norfolk, answers our fun Q&A, My Life on a Plate, and we look inside the George and Dragon at Newton by Castle Acre in West Norfolk, a very family-friendly place which has a 10-bedroom eco-aware motel next door.

We have a handful of salad dressings for you, some delicious summer drinks and a chocolate recipe to end all chocolate recipes!

Don't miss our two great competitions, including the chance to win a stay in a North Norfolk holiday home, and congratulations to Susannah, from East Sussex, the winner of our May Lulu competition at Potters Resort - we hope you enjoy the concert!

We now take a much-needed break to recharge our batteries and we are back at the North Norfolk Food and Drink Festival at Holkham at the very end of August with our new September issue. Enjoy your summer! 🍴

Keep in touch with us via our website and social media; we always love to hear from you.

Happy eating.

Sarah Hardy

SARAH HARDY, EDITOR
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the holiday



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BY George!

SARAH HARDY VISITS A FRIENDLY PUB WHICH HAS A VERY HANDY MOTEL NEXT DOOR, IN A RATHER GORGEOUS PART OF NORFOLK. FIND OUT MORE



IT IS JUST OVER A YEAR since The George and Dragon at Newton by Castle Acre, near Swaffham, reopened its doors after a dramatic make-over which saw it transform from a rundown place to something quite special.

The pub, which dates back to the 18th century, is now a super family friendly, dog welcoming place with lashings of style. It's been opened up, with lots of little rooms made into a spacious, contemporary spot which still pays homage to its historic past.

Original beams, fireplaces, stripped wooden floors, and exposed brickwork are mixed with trendy lighting, church pews and various objets d'art.

There is a lot to look at - I loved the book-lined room - while another area has two little portholes so you can peep in and see what's happening!

It is all very clever and done with a sense of humour by Tiffany Turner, who recalls what it used to be like: 'It had been shut for several years, it had been flooded and there were birds flying about, but it had an amazing feel to it.'

You can dine throughout and there's also a great bar area with a solid oak bar and high stools where you can try one of the many gins or perhaps a pint of Ghost Ship, Wherry or one from nearby Beeston Brewery. Wines are supplied by Lea and Sandeman.



GEORGE AND DRAGON/PIG SHED MOTEL

- SPOTLIGHT -

And there is also a lovely outdoor terrace where a grapevine is starting to sprout over the pergola. Chunky wooden tables and chairs are aplenty and there's a nearby play area where the children can let off some steam!

The menu comes under the watchful eye of Tiago Rodrigues, who has a Portuguese heritage, so expect masses of fresh vegetables and herbs. Dishes are always seasonal, with meat coming from HV Graves of Briston and the surrounding rich farmland providing much fruit and veg. Look out for a good choice of both vegan and vegetarian dishes, too, including Dragon Bowls, packed with, say, flatbreads, tahini, charred beetroot, coconut raita or Portuguese peppers.

There are regular tapas evenings which are especially popular, and a set price lunch, of two or three courses (£14 and £18 respectively), is another hit. Children are catered for with the Little Dragon menu and my eye caught the milkshake list, while I've heard the sundaes are rather

special. Breakfast is served from 8-10am and Sunday roasts are crowd-pleasing with vegan and veggie options, too. The chickpea and lentil Wellington sounds good!

Part of the deal here is the eco-friendly Pig Shed Motel next door. It is independently run and offers 10 rather swanky bedrooms. As you'd expect, they keep the cool vibe going, with muted colours, clean lines, and feature walls. Look out for a Lucy Boydell piggy picture in each room, too, which are great fun!

Green credentials are fulfilled with a rainwater recovery system which provides water to flush toilets, while solar power provides the hot water and underfloor heating is supplied via an air-source heat pump.

All rooms are ensuite, have big tellies, little fridges and all of those vital mod cons like irons. One caters for disabled visitors, there are two family rooms, and several are dog friendly, too. Parking is great and there are lovely grounds, with plenty of space for little ones and their four-legged friends to roam! Look out for the electric car charging points and a 'virtual' key system.

Finally, mention must go to this rather lovely part of Norfolk. It is a little unknown, and is undulating which makes it that bit different - and nearby Castle Acre is a gem of a place, with its castle and priory. It's jam-packed with great walking, the River Nar gently meanders through it and you are handy for both Norwich and the North Norfolk coast.

EVENTS

There's volleyball every Saturday in the summer, a Surf n Turf BBQ on July 20, and a beer festival on August Bank Holiday weekend (August 23 to 25). Plus lots more.

Swaffham Road, Newton By Castle Acre.

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INGREDIENTS

4 sardine fillets, butterflied; 4 peppers (red and yellow), sliced; 3 Spanish onions, thinly sliced; 3 cloves of garlic, bashed; 4 bay leaves; sea salt and pepper; 6tbsp of olive oil; 1tbsp of Lilliput capers; 100g of black pitted olives; 2tbsp of red wine vinegar; 1tsp of fennel seeds; 4 sprigs of fresh thyme; 2 slices of ciabatta; small bunch of parsley and basil, roughly chopped

METHOD

1. Preheat the oven to 150°C 2. Put the sliced peppers, onions, vinegar, 5tbsp of olive oil, thyme, fennel seeds, salt and pepper on to a baking tray. Roast in the preheated oven, stirring half way, until fragrant, slightly charred and soft 3. Once cool, add the capers, chopped fresh herbs and lemon to taste 4. Oil and season the sardine fillets and grill them skin side up for 4 minutes on a high heat until blackened 5. Rub the ciabatta with bashed garlic clove and drizzle over 1tbsp of olive oil and grill. Spoon the peppers onto the toast and top with the sardines 6. Finish with a squeeze of lemon.

GRILLED HARISSA LAMB CHOPS AND SUMMER NEW POTATOES

SERVES
4

INGREDIENTS

FOR THE LAMB: 8 lamb loin chops on the bone, about 100g each, with all the fat trimmed off; 2tbsp of fresh lemon juice; 4 cloves of garlic, crushed; ¼tsp of ground cumin; 2 sprigs of rosemary; 2tbsp of Rose Harissa; salt and fresh ground pepper, to taste

FOR THE POTATOES: 1kg of new potatoes; 1 bunch of spring onions, finely sliced; 1tbsp of mayonnaise; 1tbsp of olive oil; 2tsp of lemon juice; 3 anchovies, finely chopped; 1 clove of garlic, crushed; 1tsp of Dijon mustard; handful of fresh herbs such as dill/chervil/mint/chives/parsley, chopped

METHOD

FOR THE LAMB: 1. Place the lamb chops in a large bowl and squeeze the lemon juice over them 2. Add the crushed garlic, cumin, rosemary, Harissa and season with salt and pepper, to taste 3. Marinate for at least 1 hour or longer if possible 4. Grill the chops about 4 to 6 minutes on each side for medium-rare, or longer if you like your meat more well done.

FOR THE POTATOES: 5. Boil the potatoes in plenty of well salted water with bashed herb stalks for approximately 20 minutes 6. Once tender, drain and dress the potatoes immediately with the mayonnaise, oil, lemon, anchovies, garlic and mustard 7. Let the potatoes cool until warm and then add freshly chopped herbs and spring onions before serving.



THE IVY

The Ivy Norwich Brasserie in London Street is holding a Gin and Food Pairing event, on July 10, hosted upstairs in collaboration with Boadicea Gin. Guests will be able to enjoy a three course meal, paired alongside a cocktail with each course. It will then celebrate Norwich Pride with a limited edition cocktail, Proud Ivy, and brunch (on July 27). And in August, it will celebrate its first year in Norwich with a series of limited edition items.

Visit www.theivynorwich.com

HAVING A LAUGH

Chapelfield Gardens in Norwich will be transformed into a performance and bar area, when Laugh in the Park comes to the city from July 25 to 28. This year's event, organised by The Red Card Comedy Club, features acts such as Chris Ramsey, Phill Jupitus, Lucy Porter, Phil Nichol and Stephen K Amos. As well as the bar (Grain Brewery are involved), there will be street food available.

Visit www.redcardcomedyclub.com

FOOD AND MUSIC

The third Gunton Festival of Food & Music takes place on August 3. The Gunton Arms restaurant will be open throughout, as will the outdoor BBQ. The outside food court has been expanded, with food vendors, handpicked by Gunton Head Chef Stuart Tattersall, including: The Wood Fired Food Co.; The Cabin; Grey Seal Coffee; Moorish Falafel Bar; Quack & Mack; and The Thornham Oyster Bar.

Visit www.theguntonarms.co.uk

NORFOLK SUPPER

The Last Wine Bar and Restaurant in Norwich has teamed up with a host of local suppliers and is holding a Norfolk Supper on July 23. Tickets for the five course menu, including all drinks, are £65 per head.

Visit www.lastwinebar.co.uk

FOOD FESTIVAL

The Bury St Edmunds Food & Drink Festival takes place on August 25 and 26. With a line-up of cooking demonstrations from top celebrity chefs (Nick Nairn and Dean Edwards), the chance to taste and purchase food and drink from more than 100 stalls and a popular farmers' market, this is a foodie's heaven.

Visit www.ourburgstedmunds.com

ARTS FESTIVAL

Holt Festival, a celebration of the arts, takes place from July 21 to 27. On opening day, there will be street food, a Norfolk Produce market, live music and all sorts of entertainment from midday in Holt town centre. Before and after ticketed events, East Coast Bars will be serving tea, coffee, light refreshments, soft drinks, beer and wine from the Auden Theatre foyer bar. Food and drink will also be available at Holt Community Centre, St Andrew's Church and at the Theatre in the Woods.

Visit www.holtfestival.org

DIARY DATES

IT'S THE HEIGHT OF SUMMER SO EXPECT A FEAST OF FESTIVALS, SAYS **EMMA OUTTEN**

SUMMER FAIR

Aestival Summer Fair takes place at Raveningham Gardens on the Raveningham Estate, in aid of the Norfolk Campaign to Protect Rural England and Norfolk Historic Buildings Trust, on July 28. There will be local, artisan food and drink stalls; a Wildcraft Brewing BBQ and bar; street food; freshly-made juices and ice creams; a picnic area plus Raveningham Tea Room will be open.

Visit www.cprenorfolk.org.uk

BIG CUPPA

This Norfolk Day (July 27) celebrate our beautiful county by gathering together as a community and hosting a Big Cuppa for Big C, Norfolk's cancer charity. Some of Norfolk's greatest chefs have donated recipes to share when you sign up to host the fundraising coffee morning.

Visit www.big-c.co.uk

LATITUDE FESTIVAL

The multi-award-winning Latitude festival returns to Henham Park, Suffolk, from July 18 to 21 with George Ezra, Snow Patrol, Lana Del Rey, Underworld, Jason Manford, and Michelle Wolf topping the eclectic bill of music and arts. Once again, organisers have teamed up with Street Feast to curate their biggest food line-up yet.

Visit www.latitudefestival.com

BEER FESTIVAL

The King's Arms in Shouldham, near King's Lynn, is holding its annual Beer, Cider, Gin and Music Festival from August 30 to September 1. This year's event will celebrate four years of the community pub on The Green.

Visit www.kingsarmsshouldham.co.uk

COUNTRY FAIR

Holkham Country Fair takes place on July 20 and 21 at Holkham Hall. Fairgoers will be able to indulge in hundreds of trade stands to impress even the most dedicated shopper, a Fine Food Village, a Cookery Demonstration Theatre showcasing local Norfolk talents and showground events to take part in or simply watch.

Visit www.holkhamcountryfair.co.uk



NEWMARKET NIGHTS

Live music events at Newmarket Racecourses continue, with Thriller Live on July 19; Rudimental (DJ Set) on July 26; Pete Tong & The Heritage Orchestra performing Ibiza Classics on August 2; Bananarama (supported by Heather Small, pictured) on August 9, and Years & Years on August 16. The Jockey Club racecourses feature an array of award-winning restaurants that cater for all tastes.

Visit www.newmarket.thejockeyclub.co.uk

PUDDINGS AND PROSECCO

Enjoy Puddings and Prosecco at OPEN Norwich on August 17. There will be two sessions, and on offer will be a large selection of different types of Prosecco to sample, and an array of mini desserts. There will also be a Gnaw chocolate fountain, a hot chocolate stand and a chocolate and sweet shop to take those tasty treats home for later.

Visit www.opennorwich.org.uk

PACK A PICNIC

Strange Fascination Theatre celebrates its fifth year creating shows with a new open air adaption of Kipling's classic story, The Jungle Book. Bring a picnic and head to some of East Anglia's most beautiful venues: Ladybelt Country Park on July 7; Hautbois Hall on July 13; Catton Park on July 20 and 21; Bungay Castle on July 27 and 28; Hunstanton Heritage Gardens on August 3; Holkham Hall on August 8; Hoveton Hall on August 17; The Grove Cromer on August 18 and Sheringham Park on August 20.

Visit www.ticketsource.co.uk/strange-fascination-theatre

WHAT'S ON IN JULY/ AUGUST

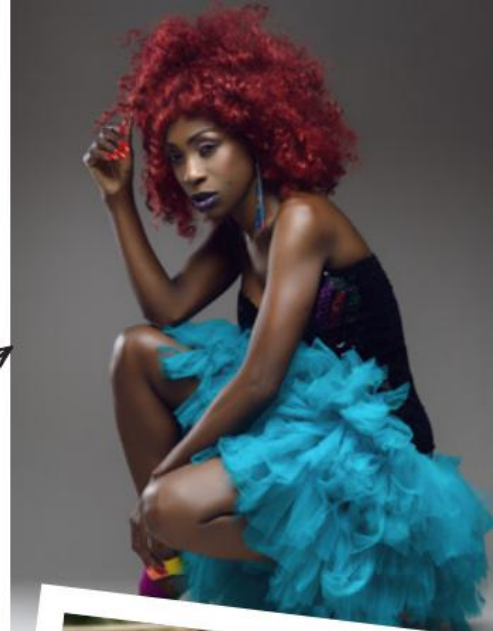


PHOTO CREDIT: JONATHAN SLACK

TRACTOR RUN

The Pink Ladies' Tractor Run will see more than 100 pink tractors wind their way through South Norfolk, from Thorpe Abbots to Harleston and back, on July 7. The tractors stop at Gawdy Hall, north of Harleston, for a two-hour picnic lunch break, to which everyone is invited. Since 2004 it has raised more than £640,000 in aid of Cancer Research UK's breast cancer appeal.

Visit www.ladiestracorroadrun.co.uk

WALK AND LUNCH

Head to Pensthorpe Natural Park and learn about underwater wildlife by dipping in the River Wensum, pingos and ponds across the reserve on a special Pond Life Discovery Walk on August 7. Lunch is included and please note that there is a limited capacity of 25 people for this event, so booking is essential.

Visit www.pensthorpe.com

AND DON'T FORGET...

... Lulu is making her debut at Potters Resort in Hopton on July 7.

Visit www.pottersholidays.com

... Norwich Lanes Summer Fayre takes place on July 7

— see our City versus Coast feature on page 20-21

... Purple Picnic Week, the annual fundraiser for Nelson's Journey, takes place from July 8 to 14. Visit www.nelsonsjourney.org.uk

... Worstead Festival takes place on July 28 and 29

— see our preview feature on page 17

... Aylsham Show, one of the largest agricultural shows in the county, takes place in Blickling Park on August Bank Holiday Monday (August 26). Note: the deadline for Food and Drink

Hero Award entries is July 14. Visit www.theaylshamshow.co.uk



WELCOME CULTURE VULTURES...

Packed full of character with oodles of charm, **Cobbler's Cottage** is a beautiful little property with a pretty cottage garden. Sleeping up to five people, and being just a few minutes' walk from the town centre of Holt, it is perfectly located for the **Holt Festival**. Once the Victorian home to the local cobbler and his shop, the cottage is furnished throughout in an eclectic style, combining a mix of retro and new, but always with comfort in mind.

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SAM OUTING



WORSTEAD VILLAGE FESTIVAL IS SHAPING UP TO BE A MUST-ATTEND FOODIE EVENT THIS SUMMER. SAM OUTING TELLS EMMA OUTTEN ALL ABOUT IT

THIS MONTH SEES A GENTLE rebranding of the Food and Drink Marquee at the Worstead Festival, the annual celebration of rural life.

The Worstead Village Festival, on July 27 and 28, has been running since 1965 when it was founded to raise money to save the village church, St Mary's, which was falling into disrepair.

Now in its 54th year, the festival is a fun and memorable day out for everyone, raising money for the Worstead Village Festival charity's grant fund by promoting the crafts, produce and heritage of the village and North Norfolk.

The aim for this year is to showcase more local Norfolk food and farming, creative products and artisans and, with this in mind, the marquee will now be known as the Worstead Festival Farmers' Market, which will showcase the best of local food and drink producers.

And, once, again there will be cookery demonstrations from our region's top chefs, including Richard Bainbridge and Ashley Williamson (Chef Patron and Head Chef of Benedicts); Daniel Smith and Alex Clare (Chef Patron and Head Chef of The Ingham Swan); and Roger Hickman (Chef Patron of Roger Hickman's Restaurant).

visit www.worsteadfestival.org

All-in-all, there will be 80-100 stalls selling a wide range of gifts and produce from talented local crafts people and businesses, local artisan food and drink producers.

Stallholders confirmed include Candi's Chutney, Katherine's Kitchen, BON Bakery, Panther Brewery, Pye Bakers, Samphire, Season's Bounty, the East Coast Chilli Company, the North Norfolk Food Bank, Wild Knight Distillery, What A Hoot Gin and Fen Spirits.

Organiser of the Worstead Festival Farmer's Market, Sam Outing, talks of a 'gentle evolution' of the long and successful history of the festival.

His aunt and uncle, Simon and Lorraine Gray, have been involved in the running of the festival for more than 30 years, including the Marquee, which became a popular feature eight years ago.

Sam says: 'When we accidentally moved to Norfolk a year and a half ago it seemed a perfect opportunity to get involved.'

'It's really exciting for me and my husband, Dan Cox, to be taking over the newly rebranded Farmer's Market.'

'We are a good team – I end up doing all the booking and publicity and he stands on stage and talks to the chefs!'

They have become trustees of the festival, joining a new board: 'We're all friends in the village,' he says.

'My aunt and uncle used to run it and our vision is to build on the fantastic work they have done - to keep it alive and gradually develop it. A celebration of rural life is still at its core.'

He says of being organiser: 'It's a labour of love. It all comes together in a really exciting but whirlwind way!'

Worstead Village Festival takes place on July 27 and 28



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   / WORSTEADFESTIVAL

NORTH NORFOLK FOOD AND DRINK FESTIVAL

- WHAT'S ON -



NOW IN ITS 10TH YEAR, THE NORTH NORFOLK FOOD AND DRINK FESTIVAL HAS A FEW SURPRISES IN STORE TO CELEBRATE THIS SPECIAL BIRTHDAY!
SARAH HARDY REPORTS

TAKING PLACE IN THE GLORIOUS Walled Garden on the Holkham Estate, the North Norfolk Food and Drink Festival is a must for all keen foodies.

Feast Norfolk magazine is delighted to be a media partner to this well established two day event, on August 31 and September 1, which regularly attracts more than 11,000 visitors.

It is really a showcase for hyper local producers and chefs, with around 60 stalls selling a real cross section of both food and drink - expect cheeses, gins, chutneys, beers, chocolates and more. This year, to mark the 10th anniversary, stall holders are being asked to produce a special little something which they can sell at the festival.

And the Arthur Howell Cookery Theatre, hosted by Mary Kemp, sees many local chefs such as Eric Snaith and and Richard Hughes demonstrating both their considerable skills and the area's super local produce. There's an emphasis on food and drink pairing, too.

The festival is sponsored by Norwich-based Kettle Foods, and Fakenham-based Kinnerton is sponsoring a children's activity area, where lots of chocolate-themed fun and games are planned. Tilly

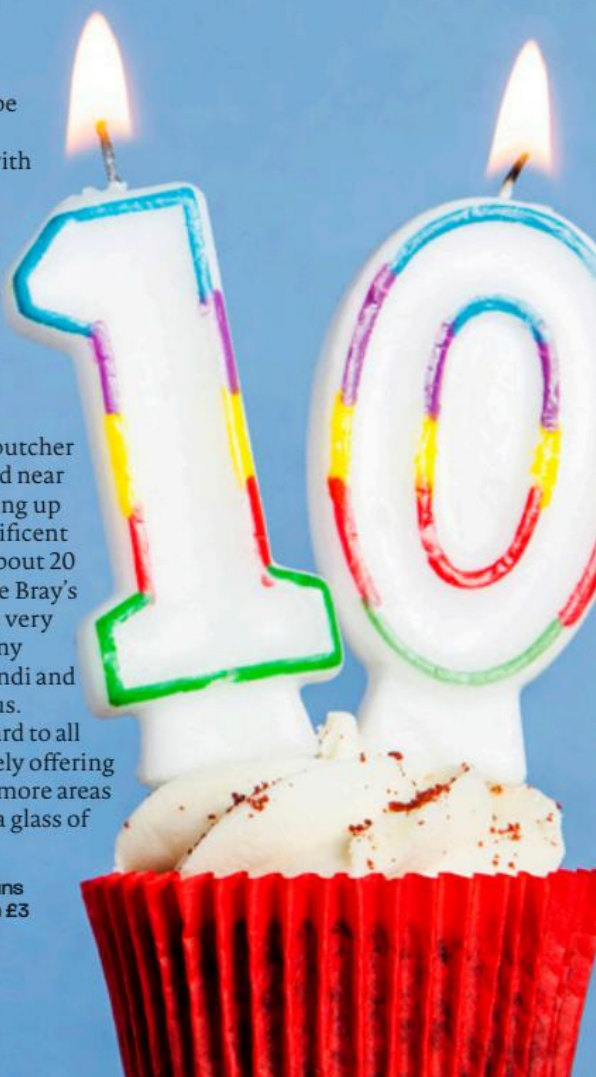
the Talespinner is also going to be present, and a children's recipe competition is also being held with various local schools.

Events over the two days include live music, and there are lots of foodie concessions where you can tuck into fresh pizza, great coffee, fresh lemonade and more - so you can really make a day of it.

Chairman Chris Coubrough, whose stage demos with Wells butcher Arthur Howell have now reached near legendary status, is already gearing up for the event. '10 years is a magnificent achievement. We started with about 20 producers and some of them, like Bray's pies, have been with us from the very beginning. Now there are so many producers and many, like say Candi and her chutneys, have grown with us.

'It is something we look forward to all year and this year we are definitely offering more for children, and there are more areas to relax, under cover, and enjoy a glass of Norfolk wine!'

Entrance to the festival is free and it runs from 10am to 4pm each day. There is a £3 parking fee. Dogs are welcome.





CITY VS Coast

THE SUN'S OUT – so where to go out for the day? Head for Blakeney, armed with a bucket, to try your hand at crabbing? Or find a sunny spot in Tombland, Norwich, to soak up some café culture?

It's not always a foregone conclusion that we bolt for the beach when the temperature rises, although Pete Waters, Executive Director of Visit East of England, makes the point: 'If you speak to visitor attractions they'll always say that if there's good weather, people head to the coast.'

In 2017 our three coastal districts (West Norfolk, North Norfolk and Great Yarmouth) attracted between them around 22m daytrippers, whereas Norwich attracted around 12m.

Although he adds: 'Of course, the coast has lots of staying visitors as well, which Norwich doesn't have. I'd suggest Norwich is a day trip for visitors when they're staying somewhere else in the county.'

Summer in the city has a certain charm all of its own, of course. It has the best large outdoor market in the country (it's official!) and it's definitely in the premier league as a tourist destination: VisitNorwich recently launched a new brand for the city: Norwich – the City of Stories, as part of a wider initiative to put it on the map.

The choice is yours, of course, but to help you decide, we've asked a couple of key figures, Jonty Young of the Norwich Lanes, and Antonia Bournes, of The Globe Inn at Wells-next-the-Sea, to argue their case for each.

JONTY'S CELEBRATION OF THE CITY:

A few years ago, in an interview, I described the Norwich Lanes as 'the best urban village in the UK' and, sitting here on a sun-kissed day, it's easy to see why. It has the offerings of a European city with the pace of a rural market square, and if anyone breaks into more than an amble, they are looked upon with either suspicion or awe.

This place is very special indeed. The Lanes are home to more than 500 independent shops, restaurants, cafés and bars, all somehow entwined like the architecture where they reside. Medieval flint buildings, Tudor timber-framed shops and Georgian townhouses line the streets, courtyards and open spaces that have, in the main, survived fires, floods and bombing raids over several hundred years. Add to the mix a multi-award-winning arts centre, several music venues, two excellent museums, a community theatre plus an art-house cinema and you're starting to get the gist.

You can start your day at one of the many independent coffee houses, several of which have outside seating areas - perfect for people-watching and other such leisurely pursuits. There's a breakfast or brunch on every street from laid back café bars and the like.

Shopping in the Lanes is also a joy. Boutiques and more traditional shops sit side by side with churches, galleries, jewellers and antique centres. Amidst all of this you'll find an artisan bakery, several delis, a purveyor of loose tea, wine and whisky shops and a large wholefood specialist too.

For lunch and dinner you will find cuisine from all over the world. From real ale pubs selling pies and pints with courtyard gardens, to award-winning restaurants

- authentic family run Italian, Spanish, Japanese and Mexican to name but a few - and everything in between. Add to that list arguably the best chip shop in Norfolk, a dessert only restaurant, tapas and cafe bars plus several excellent vegetarian and vegan options - all no more than a short stroll away.

If that's not enough, on July 7, we hold the annual Norwich Lanes Summer Fayre. Stacked to the brim with live music, art, markets, DJs, street food and more. This is the real Norwich - join us if you will. ●●

ANTONIA'S CASE FOR THE COAST:

On a hot summer's day if pounding the pavement in a sweltering city floats your boat, then go ahead! But me? I'd rather pack a picnic, grab my jelly shoes, stuff everyone in the car and head for the coast. This is where great memories are made - leaping off sand dunes, climbing pine trees, getting sand between your toes and more.

But look deeper and there are literally hundreds of things to do on the coast from seal watching to stately homes; from climbing high ropes to crabbing; from travelling on steam trains to paddling in kayaks.

Set off early and have a cracking breakfast at Thornham Deli or Deepdale Café, or visit Creake Abbey and their monthly Farmers' Market where you can munch your way around, filling your basket with fabulous, locally produced meats, pies, cheese, bread, chocolate - this is sounding like the recipe for a picnic - so why not rent a beach hut on Holkham beach?

Make some time for gillying (that's Norfolk for crabbing). The Harbour Master in Wells-next-the-Sea will loan you a harbour-safe gillying kit including metal bucket for a £1 (£5 deposit), cheaper than buying the kit and heaps better for the marine life. This is a great spot from which to admire Rachel Long's beautiful sculpture 'The Lifeboat Horse', which the town managed to buy as a permanent feature. It is a reminder of former days when horses pulled the lifeboats out to sea, and is revealed and hidden by each tide.

Of course, the very best place to see it from is a boat; choose between sitting with a beer on board the Albatros (the last cargo ship to sail into Wells) or, slightly more adventurously, on a smaller vessel with a Harbour Tour.

Then, it's got to be time to eat again! Tea at The Blakeney Hotel is a joy with a fantastic view over the marshes, or try Holkham tea room, in the heart of the park.

If you bypass tea and go straight for supper, tuck into some French's fish & chips (the long queue is worth the wait) and enjoy the view of Wells' marshes and the fishing boats. If a delicious cold, fishy snack is what you fancy then Andy and Mick Frary, long time fishermen, have a seafood kiosk on the Quay. Straight off the boat, you won't find a fresher, sweeter crab anywhere else in the world. You can also buy their lobsters and mussels (remember the seasons though). Eat them dressed there, or go up to The Globe Inn on the lovely Georgian Buttlands and have the freshest of crab salads, eaten inside or al fresco in the courtyard, and washed down with a pint of Woodforde's Wherry or a Norfolk gin.

We are so spoiled in this part of the world - it's a slice of heaven on earth! ●●

visit www.theglobeatwells.co.uk

CITY VS COAST

- WHAT'S ON -

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3 THINGS TO DO

IN THE
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CITY

COAST

HEAD TO THE HIDDEN GARDEN

Did you know that Norwich has a hidden garden? The Plantation Garden on Earlham Road is a three-acre, Grade II English Heritage registered garden established more than 100 years ago in an abandoned chalk quarry. Take a short walk from the city centre on a summer Sunday (July 14 and 28, August 4 and 11, to be precise), and tea, coffee and cake will be served from 2pm to 4pm - plus there will be live performances from local musicians. What's more, Cinema City is presenting a series of outdoor screenings at the Gardens. Arrive from 7pm to enjoy the last of the evening sun with a drink from the pop-up bar, and a specially prepared BBQ will be provided, cooked by the chefs at Cinema City. The screening dates include: Bohemian Rhapsody (Singalong!) - July 18 and The Greatest Showman - July 20.

Visit www.plantationgarden.co.uk

KEEP COOL IN THE CASTLE KEEP

Norwich Castle Museum and Art Gallery is a great choice if the temperatures really start to rise. The big ongoing exhibition is Viking: Rediscover the Legend, which explores the extent to which Viking culture transformed life in Britain, using new research and discoveries by archaeologists and metal-detectorists. Norwich Castle café serves a range of hot and cold snacks, drinks and meals - the home made quiche is extremely popular, as are the home made scones and cream teas.

Visit www.museums.norfolk.gov.uk

CHECK OUT THE SCULPTURE PARK AT THE SAINSBURY CENTRE

Walk around UEA campus this summer and you might spot sculptor Lynn Chadwick's 'Beasts', monumental animals captured in various states of action, made of welded stainless steel sheets. Three striking sculptures by the late British sculptor take up residence in the Sainsbury Centre Sculpture Park as part of the gallery's 40th anniversary celebrations, until August 31. The outdoor sculpture trail also includes works by Antony Gormley and Henry Moore. Afterwards, enjoy coffee, lunch or afternoon tea at the Modern Life Café, within the Sainsbury Centre. Oh and Kofra Coffee is there, too, next to the Gallery Shop!

Visit www.scva.ac.uk

SHOP, WALK AND EAT IN SOUTHWOLD

Simply stroll along the High Street, popping in and out of the shops and galleries at will and stopping, of course, for a coffee at somewhere like the Two Magpies Bakery.

Then it's time to stride out towards the working harbour - there's a good footpath which runs just inland from the coastline - and the River Blyth where you can inspect the fishing boats, marvel at the noise the gulls make and maybe have a spot of late lunch at the Sole Bay Fish Company which has a very atmospheric seafood restaurant in an old fishing shack.

Then head back across the Common to the town, feeling quite content at a good day's work. There's always a distillery tour at Adnams if you have any steam left!

SEE THE SEALS AT BLAKENEY

The timings of these boat trips out to Blakeney Point depend on the tides so you need to check out the daily schedules with operators like Beans Seal Trips and Temple Seal Trips who sail out of Morston. Not only do you (nearly always!) see seals, but the birdlife is spectacular, too. It is good and blustery and you will definitely get a healthy dose of fresh air!

Combine a boat trip with a pit stop at Wiveton Hall Café, with its flamboyant salads and simply terrific fruits, straight from the farm. Or head to The Anchor in Morston with its friendly vibe and great seafood.

Visit www.beansboattrips.co.uk or www.sealtrips.co.uk

FULL STEAM AHEAD

You can't miss the Poppy Line, aka the North Norfolk Railway Line, which runs between Sheringham and Holt. Both steam and diesel trains run along this restored line which takes in some glorious countryside, with great views out to sea.

There are special 'fish and chip' trains and also lunchtime and evening dining trains where you can enjoy a three-course meal as you gently whizz through the landscape. You can hop off at say Weybourne and try The Ship Inn, or we love Byfords in Holt for its casual dining.

Visit www.nnrailway.co.uk





PHOTO: JOHN TYN

BOUDICCA REIGNS AGAIN

Editor Sarah Hardy enjoyed the sunny opening evening of The Boudicca Hotel, the former Caistor Hall, in Caistor St Edmunds, just outside Norwich. Just about every part of this beautiful hotel, which was built between 1795 and 1797, has had a sprinkling of magic and looks very splendid indeed. There are now 16 bedrooms, an English Whisky lounge, a gorgeous dining room, a trendy bar - and glorious grounds. The launch event also saw Professor Erika Denton, from the Norfolk and Norwich University Hospital, speak about the hotel's chosen charity, The Boudicca Breast Cancer Appeal, which aims to raise £800,000 for a new, dedicated unit at the hospital.

Visit www.theboudiccahotel.com

SUCCESS STORIES

The major spring events went down a treat, despite the weather's best efforts! First up was the East Anglian Game & Country Fair, on the Euston Estate, with Kate Jones of Grand Promotion Events saying: 'We do not have exact figures of attendance however although the Saturday was a little quiet due to the wind and rain, the Sunday certainly made up for it. We would expect the final figures to be in line with last year's event (around 30,000 visitors).' Then came the inaugural Big Sausage Bash in Aylsham. Sam Bagge, General Manager of Walsingham Farms Shop, says it was a huge success: 'We originally hoped for around 1500 people to attend but in actual fact we think we saw over 4000 throughout the day which is incredible.' Malcolm Holmes of Beccles Food & Drink Festival, says: 'It was our most successful ever, with thousands of visitors. Most stalls either sold out or had barely any stock left, and the same can be said for most of the hot food stalls.' Finally, the third Reepham Food Festival produced a record number of stalls - 50 local producers and organisations packed into the Market Square and gardens.

FESTIVAL FEVER

Excitement is already building in Burnham Deepdale, with the announcement of the line-up for this year's Deepdale Festival, the 3rd annual music and arts festival, which takes place from September 27 to 29. Chris Haycock, Festival Director, has put together a strong line-up of East Anglian talent for 2019, across four stages: Moranway is headlining on the Friday; Man the Lifeboats on Saturday; and Martin Carthy on Sunday. The Festival takes place at Deepdale Backpackers & Camping, Dalegate Market and St Mary's Church.

Visit www.deepdalefestival.co.uk

NEW BUTCHERY

Say hello to the new Farmer Barnes' Butchery in Church Farm Barn, Hethersett - where The Paddocks Butchery used to be. Run by Sarah and Gerald Barnes, Farmer Barnes' is said to deliver something different: good, honest and great tasting meat direct from the farmer, including their own Red Poll Beef.

Visit www.farmerbarnesbutchery.co.uk

BERRIES AND BUBBLY

This is a nice idea: as part of The Hotel Folk's new seasonal menu campaign, guests can enjoy dishes made with the best of Suffolk's summer berries paired with a glass of Pimm's or Prosecco at the group's six distinctive restaurants during July and August. Venues include the 15th century Swan at Lavenham Hotel and Spa; the Crown at Woodbridge; the Crown and Castle at Orford; The Brudenell and White Lion in Aldeburgh and Thorpeness Golf Club and Hotel.

Visit www.thehotelfolk.co.uk

MR PICKWICK LIVES ON

A historic Norwich pub has turned back time by relaunching with a play on its former name complete with facelift, revamp and new menu and beer. The Earlham Arms in Earlham Road officially launched last month under its new name Mr Pickwick's (the pub used to be known as The Pickwick). Next stage of the project will be to add bedrooms above the pub to support the new slogan 'Eat, Drink, Sleep.'

Visit www.mrpickwicks.co.uk



SAUCY STUFF

Suffolk's Stokes Sauces, has launched a new range of squeeze, recyclable bottles, as well as adding a new Reduced Sugar Ketchup to its award-winning range of sauces. The Rendlesham-based company's new Reduced Sugar Ketchup contains 30 percent less sugar than its traditional Tomato Ketchup.

Visit www.stokessauces.co.uk



CHEF AWARDS

It's been a great summer for Suffolk with two chefs gaining prestigious awards at The Craft Guild of Chef awards. Pascal Canevet of Maison Bleue in Bury St Edmunds scooped Restaurant Chef Award, and Chef Dave Wall, of The Unruly Pig in Bromswell, also gained an award, for Pub Chef of the Year. The awards ceremony, at the London Hilton, was attended by more than 600 professionals and industry luminaries.

Visit www.maisonbleue.co.uk and www.theunrulpig.co.uk

HORSING AROUND

Best wishes to Reepham-based Kristina Bartlette and her new gin venture, Sidesaddled. She has converted a horsebox into a beautiful, artisan gin bar selling local Norfolk independent gins with premium mixers, and will be going to various local events (including Reepham Family Fun Day on July 20). She also hopes to be booked for weddings, parties, gin tastings etc.

Visit www.sidesaddled.co.uk



DAVE WALL, THE UNRULY PIG, BROMSWELL CREDIT: THE UNRULY PIG



PASCAL CANEVET, MAISON BLEUE, BURY ST EDMUNDS CREDIT: LUCY TAYLOR PHOTOGRAPHY

PUB IS THE HUB

The Horse and Groom at Tunstead, near Wroxham, officially has opened its new café and games room as part of the pub's ongoing revival as a community hub. The project was devised by owner Gilly Foulds - a local resident who came out of retirement two years ago to purchase the village pub and save it from closure. Having refurbished the 18th century pub, she approached Terry Stork, Pub is The Hub's regional advisor, to discuss the pub's ongoing sustainability.

Visit www.tunsteadhorseandgroom.co.uk and www.pubisthehub.org.uk

TEA IN THE PARK

Did you know that Hetty's House Tea Room recently opened its doors in the Green Flag winning Holt Country Park? North Norfolk District Council is proud to be supporting a thriving local business in the grounds of one of its most beautiful spots. The tearoom is currently open seven days a week during the summer months, from 8.30am until 5pm, and is selling Ronaldo ice cream - yum!

Find Hetty's House Tea Room on Facebook

GALA FUNDRAISER

Three of the Feast team thoroughly enjoyed a fundraising black tie dinner to launch charity Hospitality Action in East Anglia in June. The celebratory evening, attended by around 150 guests in the stunning Lady Elizabeth Wing at Holkham Hall, raised more than £14,000 in memory of front-of-house manager Nyall Brown from Cromer, who took his own life last spring aged 19. The first class chef line up included: Scott Dougal, Wells Crab House; Chris Busby, Brasted's; Roger Hickman, Roger Hickman's Restaurant; and Michael Chamberlain, The Victoria, Holkham. Charlie Hodson, East Anglia Board Member, says: 'If we can stop just one other family going through all that Tracey and her husband Mearl Brown have been through, we will have done our job.'

Visit www.hospitalityaction.org.uk

NEWS ROUND-UP

Enjoy our regular round-up of all the food and drink news, says Emma Outten



AND DON'T FORGET...

...Benoli Restaurant in Orford Street, Norwich opens in early July - expect Italian and local ingredients, cooked with skill and care! Visit www.benolirestaurant.com

...The county's largest dining event, Norfolk Restaurant Week, will take place from October 28 to November 8.

Visit www.norfolkrestaurantweek.co.uk

BEST DISTILLERY

It's all happening at Adnams. Not only is the Southwold based Copper House Distillery featured among the world's best in Lonely Planet's Global Distillery Tour, a new guide published by Lonely Planet Food, but Adnams' Lemon and Tamarind gin, with its distinctive, fruity and lemon scent, was launched on World Gin Day, last month.

Visit www.adnams.co.uk





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SALAD DRESSINGS

- RECIPES -

DRESS IT UP!

A SALAD WITHOUT DRESSING SEEMS A TOUCH NAKED, DOESN'T IT? WE ASK A FEW FEAST FAVOURITES TO COME UP WITH THE SAUCE OF THE SUMMER

EVEN IF YOU just dress it up with a little olive oil and vinegar, no salad is really complete without a delicious dressing of some description.

Whether you like a mustard-based vinaigrette, or prefer a creamy dressing such as mayonnaise, we've got your salads covered this summer, thanks to some of our favourite eating establishments:

MUSTARD DRESSING

FROM MAGGIE COOPER, STRATTONS HOTEL
Visit www.strattonhotel.com

INGREDIENTS

2tbsp of grain mustard; 1tsp, level, of dry mustard; 1tbsp of turmeric; 2dsp of runny honey; 1tbsp of white wine vinegar; 350ml of rapeseed oil; 150ml of water; sea salt

METHOD

1. Put all the ingredients, except the water, in a food processor and blitz until it emulsifies (comes together) 2. Add the water and blitz again for 20 seconds or so, until thoroughly blended. Season with salt to taste.

HONEY DRESSING

FROM STEPHEN DUFFIELD, THE CROWN, SOUTHWOLD
Visit www.thecrownsouthwold.co.uk

INGREDIENTS

250ml of white wine vinegar; 500ml of sunflower oil; 250ml of rapeseed oil; 80g of Dijon mustard; 125ml of Adnams multifloral honey; salt

METHOD

Blitz all the ingredients together. This dressing is perfect to flavour bitter salad leaves or to serve with fresh peas and warm ham hock on grilled sourdough.

We are currently using it at The Crown with Fermented honey poached pear, whipped Blue Monday, pickled walnuts and chicory.

CAESAR STYLE MAYONNAISE

FROM SAM RUSH, THE SARACEN'S HEAD, WOLVERTON

Visit www.saracenshead-norfolk.co.uk

INGREDIENTS

2 free range egg yolks; 140g of grated Parmesan; 2 large garlic cloves; 50ml of white wine vinegar; 1tsp of Dijon mustard; 10 anchovy fillets (best quality); 300-350ml of vegetable oil; squeeze of lemon

METHOD

1. Add all of the ingredients, except the oil and lemon juice, into a food processor bowl or liquidiser 2. Blitz the ingredients slowly, increasing the speed as they combine 3. When the ingredients are combined, reduce the speed and gradually add the vegetable oil, starting with a trickle, before increasing the flow 4. Once all the vegetable oil is incorporated, check for seasoning and finish with lemon to taste.

WATER VINAIGRETTE

FROM JAMES O'CONNOR, CONGHAM HALL HOTEL

Visit www.conghamhallhotel.co.uk

INGREDIENTS

60ml of water; 100ml of olive oil; 1tbsp of good white wine vinegar (we use Forvm Chardonnay Vinegar from Spain); small pinch of sugar; sea salt; grind of black peppercorn

METHOD

Whisk all together and use.

MEDITERRANEAN SALAD DRESSING

FROM JOAQUIM TELES, TELES PATISSERIE, SURLINGHAM, NEAR NORWICH

Visit www.telepatisserie.co.uk

INGREDIENTS

50ml of extra virgin olive oil; ½ onion, cut thinly into very tiny squares; a pinch of sea salt; a pinch of dry oregano; a pinch of fresh coriander, finely cut; a splash of white vinegar

METHOD

Mix everything together and pour over your salad.

DEOPHAM BLUE CHEESE DRESSING

FROM SAM BAGGE, WALSINGHAM FARMS SHOP

Visit www.walsingham.co

INGREDIENTS

50ml of buttermilk; 50g of soured cream; 50g of mayonnaise; 1tsp of lemon juice; 100g of Deopham Blue cheese, crumbled; ½ small pack chives, snipped

METHOD

Make the dressing in a bowl by combining the buttermilk, soured cream, mayonnaise, lemon juice and 50g of the blue cheese. Season and stir through finely chopped the chives. Add the zest of lemon for extra zing!

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- 02. BlissHome Creatures Crab platter, £45, John Lewis, Norwich, www.johnlewis.co.uk
- 03. Parrot sommelier corkscrew, £32, Alessi, www.alessi.com
- 04. Whisky Stones, £14.50, English Whisky Company, www.englishwhisky.co.uk
- 05. Summerhouse striped wine carrier, £12.99, Roys of Wroxham, www.roys.co.uk
- 06. Emma Bridgewater Polka Dot beaker, £6.95, Bakers and Larners, Holt, www.bakersandlarners.co.uk



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WHY STUDY HOSPITALITY & CATERING AT EAST COAST COLLEGE?

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JACK ROBERTSON

Course studied: Level 3 Professional Cookery

Destination: Studying BA in Hospitality Management at the Edge Hotel School

Achievements: Jack worked on the Angus food stall serving over 2000 guests at The Royal Wedding Ceremony.



COURTNEY WATSON

Course studied: NVQ Level 3 Catering

Destination: Pastry Chef at Browston Hall

Achievements: Courtney has played a big part in developing the afternoon tea at Browston Hall which is proving to be a huge success.



"When I was at college I learnt the fundamentals of bakery, as well as all areas of cooking. I've learned that patience and practice are the key in producing good cooking. It is a passion more than a trade and you never stop learning."

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Queen OF ALL SHE SURVEYS

SARAH DANIELS, WHO RUNS REDCAT PARTNERSHIP, THE NORWICH-BASED CONSULTANCY WHICH HAS BEEN PROVIDING FOOD SAFETY COURSES AND MORE FOR THE PAST 20 YEARS, RECENTLY JOINED THE PROUDLY NORFOLK BOARD OF DIRECTORS. **EMMA OUTTEN** MEETS HER

FROM 'QUEEN PIG' at Porkstock to 'Queen of stuff' at Proudly Norfolk Food and Drink, Sarah Daniels would be the first to admit that she likes being in charge!

The former Environmental Health Officer, who was born in West Runton, near Sheringham, set up health and safety consultancy, RedCat Partnership in 1999, and it has provided countless food safety courses, from Level 1 to 4, over the past two decades.

Clients span the whole food chain, from local caterers or artisan suppliers to international manufacturers. 'We've got a lovely client base which has grown organically,' says Sarah, 52.

Along with husband Richard Mills, she went on to open No.8 Thorpe Road, in Norwich, in 2014 - a meeting, training and conferencing facility overlooking Norwich Railway Station. 'It's an awesome location - we wanted it to be in the city centre so everybody could get to it. But there's still a challenge out there: the first person to arrive by boat can have a bottle of Champagne!'

As well as providing RedCat with its own training rooms, No.8 rents out its spare capacity. 'We have heard that we are finalists in the IPSE (Independent Professionals and the Self Employed) Co-working Space of the Year Freelancer Awards,' says Sarah. You can see why. Check out the tea and coffee making facilities - coffee is from Mattishall-based Give It Some Beans, tea is about to come from Wilkinson's of Norwich, and there are pots of Norwich Porridge on display as soon as you walk through the door.

Catering, for office lunches, buffets, and corporate events, is prepared on site using Norfolk's larder of fine ingredients. 'We make things from scratch,' says Sarah, 'our own bread, for sandwiches, and we source all the fillings locally, and so we are great users of Archer's Butchers and Crush Foods. And we cater to people's dietary needs.'

Evangelical about all things Norfolk and food-related, it's probably not too much of a surprise to many that the farmer's daughter has joined the board of the rebranded Proudly Norfolk Food and Drink, and has brought a new energy with her. Proudly Norfolk events regularly take place at No.8 and Sarah has been spreading the word at the county's various foodie events. 'We're much more membership-based and it's a big family now - it's lovely. At Reepham [Food Festival] it was pouring down with rain but there was a real Dunkirk spirit - we all looked after each other.' When we met, the brand new Proudly Norfolk gazebo was drying off in one of the rooms at No.8!

How many Proudly Norfolk members are we talking about these days? 'It's easily 200 now - we gained six last week and I've picked up three over the weekend.'

The week beginning July 22, Proudly Norfolk are taking over the Norwich Pop Up Shop on Castle Meadow. Members can have a unit at the shop, run by the Norwich Business Improvement District, for just a day or the week.

Sarah is also one of the founding members of Porkstock, the fun, foodie festival which has been held at the Norfolk Showground for the past couple of years. And just when

you thought Porkstock was 'doing a Glastonbury' this year, by taking a break, Sarah reveals: 'The girls of Porkstock went out the other night and a few gins were consumed...' The result? A mini Porkstock is planned for September 8! 'We are going to Bedford's in Norwich - it's just to get our name out there again.'

So does she have a penchant for pork in particular? 'I love a sausage!', is the reply, although her daughter Jasmin, 22, is vegan. 'I swing from that to not eating any meat at all when she's at home. I'm a complete flexitarian.'

She adds: 'My favourite restaurant is Benedicts. The guys at Benedicts know us so it's like going out to eat with your mates - Adam [Vass] is on the board of Proudly Norfolk.'

Is there anything she finds challenging about being a business woman, being in the industry she's in? It doesn't sound like it! 'I don't find it a challenge, being a woman in business - I know where I want to go and we are in control of our own destiny here - the challenge for me is juggling the many things I do.' It's a mainly female team at No. 8, although husband Richard must get a mention: 'He's the chalk to my cheese. We've been married for 26 years and have worked together for 16 of those. This is our future - this is all our eggs in one basket.'

It would be fair to say Sarah is a colourful character. Sporting bright red Cat trainers (what else?), she says: 'When I turned 50, I became even more decisive over what I wanted. If I'm going to work hard, I'm going to work hard for what I want.'



PHOTO CREDIT PAUL MARCO



A HAPPY LANDING

THE EAGLE IN NORWICH IS THE PLACE FOR A SUNNY BIRTHDAY CELEBRATION, SAYS SARAH HARDY



IT MAY BE ALMOST in the city centre, but The Eagle, on Newmarket Road, has a simply huge garden, sheltered by mature trees, which is just the spot to while away an hour or two at lunch - or any other time, to be honest.

I invited deputy editor, Emma, to lunch for her birthday, which is nearly always a lovely warm day - the sun shines on the righteous, I know!

We selected The Eagle as the menu is good, there's the aforementioned garden, and the landlord James, is a very hospitable chap.

It's an attractive red-brick Georgian building, with a decent car park, and not hard to find on one of Norwich's most prestigious roads.

Children and dogs are very welcome - there's a nice little play area out back and an 'Eaglets' menu - but we were without ours (kids or hounds) so it was time to chat and relax over a glass of rosé - Chemin de Pelerins, to be precise.

The menu has a good cross section of dishes on offer, from a selection of wraps, doorstep sandwiches and salads, to a decent amount of favourites and then a handful of daily specials, chalked up on blackboards inside.

Swannington Farm to Fork meat features strongly with steaks, burgers and sausages, and, as is now the norm, there's a goodly amount of vegetarian dishes available - and a vegan gnocchi.

I went for the fisherman's pie, with a cheesy mash topping, salad and peas, for £13 which was very good - packed with all manner of fish including salmon, cod and shrimps, all in a creamy, herby sauce.



Emma had a pesto, roast pepper and halloumi salad (£7) with a side order of sweet potato fries which was super colourful and just about summed up summer! And yes, we both pretty much polished off everything - and the portions are generous!

Other options included cajun salmon on sticky rice and rocket, Hunter's chicken lasagne with salad and chargrilled lamb leg steak, with parsley mash and green beans. Also look out for your classic fish and chips, ham, egg and chips and a pie of the week.


There are some yummy puds, including a spiced apple crumble and a triple chocolate brownie, but I went for a blueberry panna cotta which was as delicious as it was pretty, and Emma had the fruit jelly trifle which was an old school classic, served in a hi-ball glass for a modern twist.

While the garden is a perfect spot for al fresco dining, the pub is lovely inside, too. There is a sheltered terrace area for those 'can't make up its mind' weather days and then three different indoor areas, plus a long bar. It is

decorated in what is surely a Farrow and Ball blue, and there are some great pieces of artwork on display and, in the cooler weather, my favourite spot is right by the woodburner!

The bar offers a good choice of gins, plus there are Adnams, Woodforde's, Wolf and Humpty Dumpty ales on tap. I guess the local beers do swap in and out. Pilsner is also on tap, which was popular on the hot day we visited.

Interestingly, so welcome are our four-legged friends, that they have their own menu, with lots of tempting treats. There is also a barbecue that you can hire for your private event and up to 250 people can be catered for. Brunch on Saturdays is becoming quite the thing, with plenty on offer from Eggs Benedict to The Eagle Full English, and Sunday roasts are recommended, too!

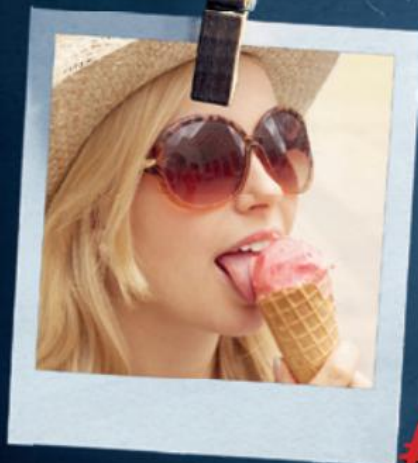
The Eagle has a loyal following, from locals, to those stopping off for a drink on the way home, to mums on the school run and foodies who like home cooked food in friendly surroundings! 

visit www.theeaglepub.co.uk





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ERIC'S FISH & CHIPS

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Fish Snapper

SARAH HARDY HEADS TO NORTH NORFOLK TO TRY OUT THE ORIGINAL ERIC'S FISH & CHIPS IN THORNHAM AND CAN'T RESIST A BATTERED CHOCOLATE BAR. YES, REALLY!





ERIC WITH HIS WIFE NICOLA





"ERIC'S IS CERTAINLY FAST BECOMING A MODERN DAY MUST"

POSH OR GOURMET fish and chip restaurants and takeaways are quite the rage with fine dining chefs taking to opening them. In our region, we have No1 in Cromer, which is connected with Galton Blackiston of Morston Hall, while Eric Snaith of Titchwell Manor opened Eric's Fish & Chips in nearby Thornham a couple of years ago.

Eric has since gone on to open a branch in St Ives in Cambridgeshire, with another opening in Holt, too. They offer all the old school classics and a bit more - something to get you excited about, like battered king prawns and Kansas City wings. The wine list is another indication that you're somewhere a little different as there are bottles of Prosecco and Champagne available, plus glasses of decent reds and whites - I enjoyed my French Gerard Bertrand, Terroir Picpoul de Pinet very much.

Eric's Thornham branch is at Drove Orchards, a nice little shopping and eating set up just outside the village. There's a farm shop, a fish shop, a clothes shop, the Yurt restaurant, plenty of PYO in the apple season and a glamping site. Plus, of course, Eric's Fish & Chips. You can eat in the trendy canteen style restaurant, with its bold green and yellow colour scheme, make use of the tables outside, or simply clear off home with your goodies.

We ate outside as it was a mild evening and we, as ever, had the dog with us. It was fairly chaotic as we visited during the school holidays but the young staff kept smiling and delivering order after order. You place your order at the counter and you get your drinks straightaway so you can simply sit and chat as your supper is prepared, or have a game of table tennis. There's a play area, too, so children are kept very happy. And there's a children's menu.

I played a straight bat and simply ordered cod, chips and mushy peas. Himself had the same with curry sauce. They come in little cardboard boxes, with a slice of lemon, and are super fresh.


The fish, from sustainable sources, is fried in beef dripping, or norfolk rapeseed is an option, in a batter made with Green King IPA. It is all very yummy, with the fish holding its shape and the mushy peas excellent - the curry sauce was reported as good and spicy, too!

Signature dishes include a Japanese style fish burger, and gruyère and spinach arancini, all accompanied by homemade sauces. Other options are battered Dingley Dell sausage, black pudding fritters, battered squid and even battered pineapples. In the past, I've tried the fish cakes - which come with a sharp parsley salt, too.

There are lots of fun, deep fried desserts which change with the seasons - there was a creme egg available at Easter although I tried the battered Double Decker which



was, well, very sweet indeed. I quite fancy the fried jam sandwich next time. Less naughty scoops of ice cream are also available to round off your supper.

Standards and, equally importantly, consistency, are high and it's great to see one of our wonderful British institutions changing and developing with the times. Eric's is certainly fast becoming a modern day must. 

Eric's opens from noon to 9pm every day.

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CYCLING

- COLUMN -

ON YER BIKE

KEEN CYCLIST ANDREW BRACKING OF COOPER BMW NORWICH GIVES US HIS FAVOURITE PIT STOPS WHEN OUT ON HIS BIKE IN THE NORFOLK COUNTRYSIDE

CYCLING IS A BIG PART OF MY LIFE and I find it a real escape from my work in our busy dealership. I try to cycle most weeks and it has been a great way of exploring the region. And a big part of my cycling trips is, of course, where we stop for coffee! Here are some of my favourite places - happy cycling.

BLUE SKY CAFÉ

RUNTON ROAD, GROMER

Menu includes:

Toasties; Light snacks; Filled rolls; Soups

Opening hours: Mon-Sun (10-5pm)

Outdoor and indoor seating available

No bike stands available but cyclists frequently (and safely) leave bikes leaning up against a hedge on the café grounds

CAFÉ CADENCE

DOE LANE, OLD BUCKENHAM, NEAR ATTLEBOROUGH

Menu includes:

Bagels; Cold drinks, including beer; Cakes and pastries; Strangers speciality coffee

Opening hours: Thurs (9-3pm), Fri and Sat (9-5pm), Sun (9-4:30pm)

Outdoor seating available

Bike stands available

Track pump, spare parts and energy bars available

GOODIES FOOD HALL

WOOD LANE, PULHAM, DISS

Visit www.goodiesfoodhall.co.uk

Menu includes:

The all day breakfast is a great seller - all the ingredients come from their farm shop and butchery; Great brunch and lunch menu;

All cakes and bakes are cooked in the bakery; Look out for their two-course special on Sundays

Opening hours: Mon-Sun (9-4pm)

Indoor and outdoor seating available

Bike stand available

ROSY LEE'S TEA ROOM

BRIDGE STREET, LODDON

Menu includes:

Good breakfasts; Bacon butties; Great cakes

Opening hours: Mon, Wed, Thurs, Fri, Sat (8-5pm), Sun (9-5pm)

Picnic garden available

There are bike stands in the car park

Water is provided free for cyclists

STATION BISTRO

STATION APPROACH, WYMONDHAM

Visit www.stationbistro.co.uk

Menu includes:

Breakfast menu; Burgers; Salads; Hot dishes; Jacket potatoes, sandwiches and paninis

Opening hours: Mon (9-3pm), Tues, Wed, Thurs (9-4pm),

Fri (9-5pm), Sat (8.30-5pm), Sun (9-4pm)

Bike stands available at the train station

Both indoor and outdoor seating available

WHITLINGHAM BARN CAFÉ

WHITLINGHAM COUNTRY PARK, NORWICH

Menu includes:

Cooked breakfasts; Coffees and cakes; Jacket potatoes, paninis, sandwiches

Opening hours: Mon-Fri (9-5pm)

Bike stands available

WINTERTON DUNES BEACH CAFÉ

BEACH ROAD, WINTERTON-ON-SEA, GREAT YARMOUTH

Menu includes:

Full English breakfasts; Baked camembert; Fisherman's pie

Opening hours: Mon-Fri (9-5pm) - breakfast served until 11.30am, hot food served until 3pm

Outdoor seating available

August 17 and 18 sees the Tour de Broads Cycling Festival, held at Whitlingham Country Park, near Norwich, of which Cooper BMW Norwich is a sponsor. It is a great weekend celebration, with different cycling routes for different abilities - but all in wonderful countryside. Check out www.tourdebroads.com

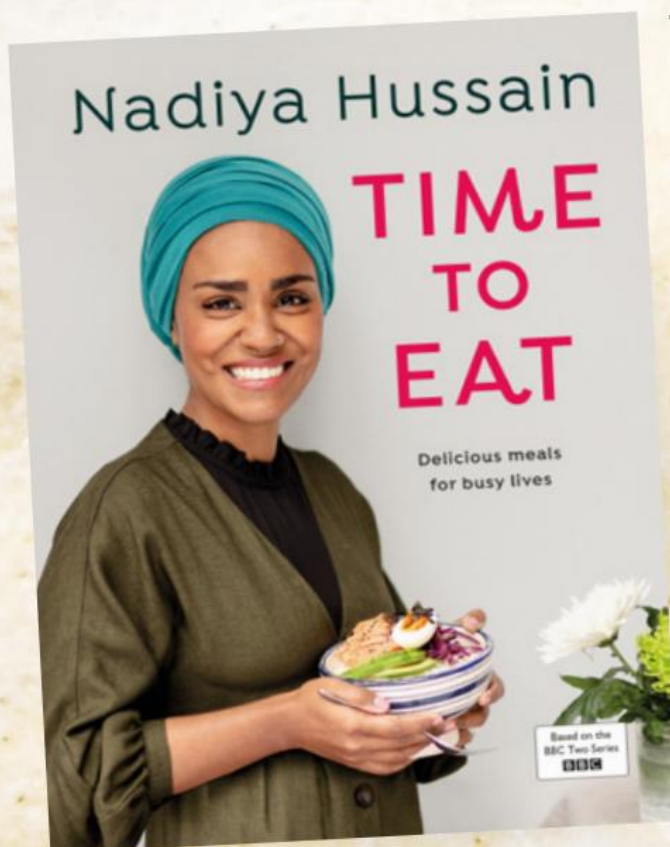




Cookbooks

TASTY READS

TV favourite **Nadiya Hussain** leads the new cookbook launches this summer



TIME TO EAT by Nadiya Hussain £20

Feeding a family and juggling a busy work load can be really tricky so Nadiya has crafted more than 100 recipes that will teach you how to be time-smart in the kitchen.

Featuring recipes that are both quick and easy to make, as well as those that have shortcuts to creating second – and even third – delicious meals without any additional preparation, Nadiya will share with you all her tips and hacks for making meal prep as simple as possible.

Spin leftovers into completely new meals, learn the most effective way to use your freezer and discover just how easy it can be to batch cook without needing to have the same meal every night.

Covering breakfast, lunch, dinner and desserts – with recipes that will give you leftovers to have as snacks in between – Nadiya shows you how she manages to always have home-cooked food at hand for her family. Highlights include Bengali bangers and smash, chorizo and fish stew, and chocolate orange blossom cake.

The colourful book ties in with her new eight-part prime time telly series this summer, too, so you can see Nadiya in action!

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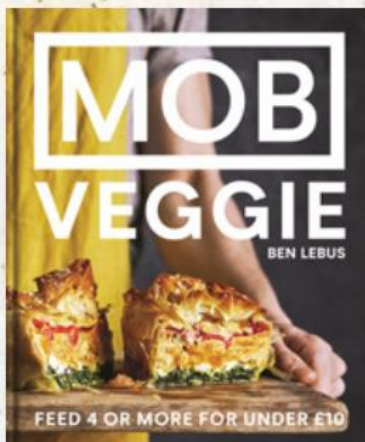


CUCINA SICILIANA

by Ursula Ferrigno

RRP £16.99/Jarrod Price £14.99

A wonderfully summery offering! Enjoy a selection of authentic recipes for the best food Sicily has to offer, including antipasti, vibrant salads, light soups and pasta dishes. Delicious meat and fish recipes feature Sarde a Beccaficco (stuffed sardines), and Abbacchio alla Cacciatovia (pan-fried spring lamb with herb and anchovy sauce). Those with a sweet tooth are well catered for, with Pistachio Gelato, Cannoli (pastry tubes filled with sweetened ricotta) and possibly Sicily's most famous dessert: Cassata!



MOB VEGGIE

by Ben Lebus

£14.99

Having taken the social media world by storm with his one-minute, how-to-make recipe videos, MOB Kitchen founder Ben Lebus is back with his second book, MOB Veggie. Unlike most budget cooking sites, MOB doesn't make any store-cupboard assumptions. All that is expected is that you have salt, pepper and olive oil. All recipes feed four or more people for under a tenner which can't be bad!

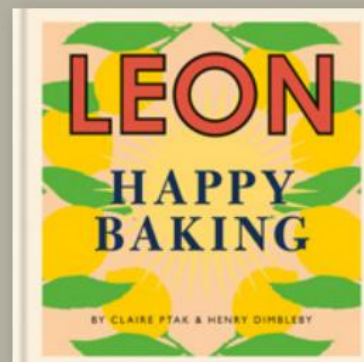


AINSLEY'S CARIBBEAN KITCHEN

by Ainsley Harriott

£20

The ever popular Ainsley Harriott will be cooking up a feast in a new ITV1 series and this book includes all the recipes. Highlights include crab and chilli cornbread muffins, grilled lamb cutlets with green herb yoghurt, and rum and raspberry crème brûlée, in this 80 dish celebration of Caribbean home cooking. It brims over with fun - a bit like the author himself!



LEON: HAPPY BAKING

by Henry Dimbleby and Claire Ptak

£16.99

With more than 100 sweet and savoury bakes, LEON: Happy Baking contains recipes for everyone, from the novice cook to the expert baker. Following the LEON principle that what tastes good can also do you good, many of the recipes are sugar-, dairy-, wheat- or gluten-free.

DON'T MISS



DIARY DATES

JULY 10

KitchenAid Evening in The Exchange restaurant. Expect tastings, demonstrations and lots of helpful tips. The evening starts at 6pm, and tickets are £10.

JULY 12

In conversation with David Nicholls in The Pantry restaurant. David talks about his new book, Sweet Sorrow. The evening runs from 6.30-8.30pm, and tickets are £23 for one person, which includes a copy of the book (and a glass of wine), and £28 for a couple which includes one copy of the book and a glass of wine each!

Tickets are available in store or online at www.jarrod.co.uk



MY LIFE ON A PLATE



SIMON TURNER



SIMON TURNER, CHEF PATRON OF THE BOARS IN SOUTH NORFOLK, CREDITS HIS MUM FOR HIS COOKING SKILLS AND LOVES A DOLLOP OF NUTELLA!



RECIPE OVERLEAF

Who are you and what do you do?

I'm Simon Turner and I am chef patron at The Boars in Spooner Row, between Wymondham and Attleborough.

Where did you train?

I trained myself! I worked in strategic planning/marketing until I was 25 when I opened Elm Hill Brasserie in Norwich with absolutely no experience in a kitchen! The only training came from watching my mother as a child, but I learned from books, through trial and error, and working 80 hours a week for the first five years!

Who is your favourite chef?

The biggest influence on my style when I started was the late Anthony Bourdain. It is so sad that he took his own life last year. I also love Georgio Locatelli and his enthusiasm and love of ingredients, life and people!

What three ingredients are always in your store cupboard?

It has to be fennel seeds, cheese and wine - well, it is an ingredient!

What's your (foodie) guilty pleasure?

Crêpes with Nutella. The smell of them just makes me feel happy, and reminds me of being on holiday in France when I was little. Food is so much about nostalgia.

What's your favourite tipple?

As with food, it really depends on the day. No meal is complete without the perfect wine to match the food. It's hot today so I'd drink a good crisp, dry rosé with some garlic prawns!

visit www.theboars.co.uk

Describe your perfect meal

The perfect meal is all about atmosphere and making memories, for me. Most of my best days involve a table, some food and friends. In hard times that might have been a bowl of pasta in my flat in Liege or it could be lobster and Champagne when celebrating. It's all about the people you are with and sharing great flavours and food. There is a reason why people don't cook much on their own.

Where do you like you eat out in Norfolk and beyond?

I am a big lover of The Neptune in Old Hunstanton (Kevin and Jackie are the perfect hosts) and we will be due our annual stay soon! Farmyard in Norwich is my favourite spot in the city, I love the simple, clear flavours of Andrew's food, and Ben is a great GM.

Tell us something we don't know about yourself

I'm a secret agent? Mmm, I speak fluent French, having enjoyed some of the best days of my life living in Liege, Belgium.

What's your foodie prediction for the coming few months?

There's a move towards lighter food but I don't think that just means vegan food. I'm seeing a lot of sustainable fish/shellfish, especially in the warmer weather. Mostly, I think people are ready to have fun again in the summer sun!



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t: 01485 570002

Norwich Market

Row F, 124/125
Norwich Market
Norwich
Norfolk NR2 1ND
t: 01603 621966



This is a classic crème caramel with candied orange and boozy sultanas. It is incredibly easy to make in essence, but does test your classic techniques, especially when making the caramel. The end result is luxurious and satisfying, and you'll rightly feel a little smug watching your guests as they oooh and ahhh over this little number!

INGREDIENTS

FOR THE CRÈME: 1000ml of whole milk; 120g of caster sugar; 1 vanilla pod, split and scraped into the milk; 3 whole eggs (medium); 3 egg yolks

FOR THE CARAMEL: 50ml of Cointreau or Grand Marnier; 100ml of water; 120g of caster sugar

FOR THE CANDIED ORANGE: 2 oranges; 2tbsp of caster sugar

FOR THE SULTANAS:

A handful of golden sultanas; A good glug of brandy

METHOD

FOR THE CRÈME OR FLAN FILLING: Heat the milk and vanilla in a saucepan until it's just boiling. Meanwhile, whisk the eggs, egg yolk and sugar together until pale and fluffy in a food mixer or with an electric whisk. Slowly pour the hot milk into the egg/sugar mix, whisking all the time. Make sure it is well mixed. Set this mix aside to cool. It may have a lot of bubbles on the top at this time. As it cools, these will go, leaving something like a light custard.

FOR THE CANDIED ORANGE AND SULTANAS: Peel the oranges with a potato peeler. Slice the orange peel into really thin strips. Put the orange peel into a pan of cold water and bring to the boil. As soon as it boils, drain the zest. Repeat this process three times. This takes the bitterness out of the peel. Now spread the peel on a baking sheet covered in parchment paper and sprinkle with sugar. Cook in an oven at 140°C for around 20 minutes, or until the orange peel is crystallised and crunchy. Set aside for later and try not to eat it all. Put the golden sultanas in a tub and cover with the brandy. Set aside for later - they will keep like this for months so you can do this well in advance.

FOR THE CARAMEL: This is the slightly more challenging part. Don't let the sugar know you're scared, you have to be the boss. You need a pastry brush and a pot of very hot water next to you for this.

Put your sugar, Cointreau and water in a heavy bottomed milk pan or saucepan. Stir it in and leave in a warm place for 10 minutes so some of the sugar dissolves. Brush around the inside of the pan without touching the caramel so that the surface of the pan

CRÈME CARAMEL WITH CANDIED ORANGE AND BOOZY SULTANAS

[SERVES 6]

is clean of sugar. Now put the pan on a low heat and DO NOT MOVE IT! It is so important at this stage to leave the pan alone and never to stir the sugar syrup. You are now in a fight to stop it from crystallising! Every 2 minutes or so, brush the inside of the pan without touching the mix so that you stop crystals from forming and the surface stays clean.

THE STAGES SHOULD BE:

1. Sugar dissolves to make a syrup 2. It starts to boil 3. Turn the heat up to medium (don't touch the pan) 4. Don't stir it 5. STILL DON'T TOUCH IT 6. The syrup starts to become caramel, light crystals may be forming but you can see a honey coloured caramel underneath 7. Wait a little longer and then, when it is golden in colour, take a cloth and pick up the pan. Now swirl the mix without stirring it for a minute and you will be staring at a beautiful, light caramel.

Pour this into 6 x 200ml ramekins to cover the bottom put the pan down and give yourself a big pat on the back!

COOK THE CRÈME CARAMEL:

Once the caramel has cooled (10 minutes), pour over the crème filling to the top of the ramekins. Place in a bain marie, and bake in an oven on 150°C for about 30 minutes or until the creme caramel is just set. This will vary according to the quality of eggs and the oven so please get to know your own cooking time. They should be just set, a little wobbly, when you shake the pan but not splitting and bubbling (overcooked). Take them out and leave to cool. When the time comes to eat them (they will keep in the fridge for a week), run a knife around the inside edge and turn them out. Decorate with boozy sultanas and candied orange peel.



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three IN A BED

FRONT OF HOUSE CHAMPION RACHAEL PARKE IS FINDING THAT HER OVERNIGHT GUESTS ARE BRINGING AN INTERESTING NEW DIMENSION TO HER ROLE



AS SOME OF YOU MAY HAVE SEEN, NoTwenty9 in Burnham Market has recently opened six boutique bedrooms. More and more people are choosing to stay in the UK this year, taking advantage of the fact that we have stunning coastlines, vibrant cities and a fantastic food culture all on our doorstep. With this in mind, we know that this is the perfect time of year to open these rooms to our visitors.

Front of house takes on another dimension when looking after residents. The relationship we have with them is not just one spent over a few hours dining in the restaurant. Instead, it is fostered over varied times of the day and night, and you often have to go the extra mile to exceed expectations. As viewers of Channel 4's *Four in a Bed* will know, guests are often more demanding than diners.

This extra mile could be a call for an ironing board just as dinner service in the restaurant is in mid-flow, or perhaps assistance with the Nespresso machine. They could want to know everything from the times of the tide today or where to go for day trips out. All this means that, suddenly, our roles take on a far more personal level of service, as sometimes these requests are made while standing in a soft white dressing gown. That's the guest, not the staff!

So, week one of the new rooms at NoTwenty9 brought the first odd request on booking when we were asked 'how big are your beds?' – along with the sentence 'we require three in a bed'. With diplomacy, I replied that we have a lovely family suite that would suit them. The potential customer replied that 'there are no children, just three men, but all three men are happy to share a bed and are all around 4ft 6 and from London'. Slightly lost for words, I

visit www.number-29.com

explained that our fire regulations state how many guests can stay in one room and we are strictly limited to two people in our regular rooms...

After that slightly interesting start, a couple then checked in to our Marley room and spent two nights with us. Normal requests were carried out with ease – an ironing board, room service for food, and an ice bucket. I saw them at breakfast and then at various times during the day as they explored this beautiful local area. On their last night, they dined with us in the orangery, in one of our last sittings for the day, and they called me over. They then told me that I was the heart of the building, always smiling and always available and how nothing was too much trouble.

It is now common knowledge that I suffered a stroke at the end of March and to be honest, I felt I had lost a bit of my mojo. Of course, I was always smiling but underneath trying to hide my apprehension of the worry of a repeat episode. As those lovely words left the lady's mouth, my tears were obvious. Here I was with a couple I had known for just two days, and in that time we had shared experiences and stories. The gentleman explained that he had recently suffered a heart attack, and there was so much openness and trust between us, created in just those two days.

What those guests gave to me that night was vital for the next step of building my confidence. They had no idea what I was hiding. I had given them a memorable, special experience at NoTwenty9, yet they had given me so much more in return. 

STAITHE SMOKEHOUSE

- PHOTO ESSAY -

SMOKIN'

THIS MONTH PHOTOGRAPHER
KEIRON TOVELL CAPTURES
THE TRADITIONAL WORKINGS
OF A NEW SMOKEHOUSE IN
BRANCASTER STAITHE







visit www.stathesmokehouse.co.uk



STAITHE SMOKEHOUSE

- PHOTO ESSAY -




WALKING INTO THE NEW STAITHE SMOKEHOUSE in

Brancaster Staithe, in North Norfolk, is like taking a step back in time.

The smokehouse, which can be found at the rear of The White Horse pub on the Main Road, opened for business in February, and sells a selection of high quality smoked produce, such as smoked salmon, kippers and smoked cod.

It is owned by Phil and Fran Hartshorne, (Fran is also the head chef at The White Horse). Phil, or Smokey Phil as he's now known, says: 'At Staithe Smokehouse we use a traditional way of oak smoking quality fish using skills and techniques from days gone by. There are no chemicals or dyes used in this traditional smoking process - just the use of the best oak shavings and allowing more time for preparation and saturation.'

Fran, who has been at the White Horse for the past 15 years, adds: 'Phil and I are passionate about the Norfolk 



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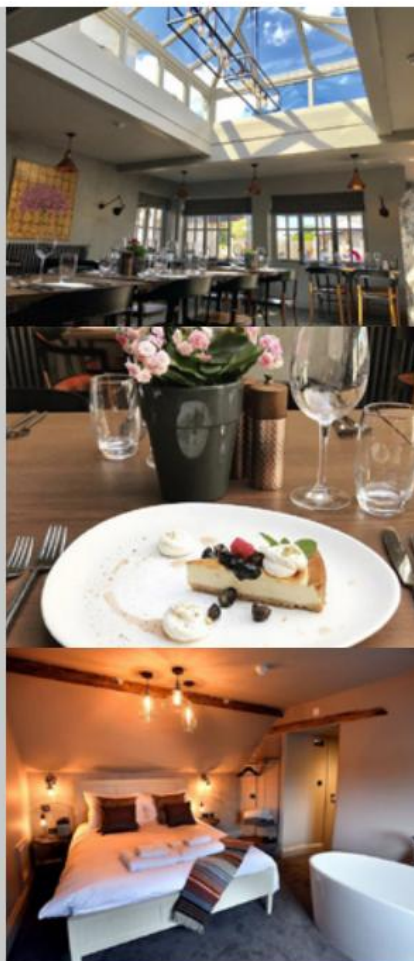
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STAITHE SMOKEHOUSE

- PHOTO ESSAY -

area, and provenance and sustainability of local produce. We source local fish where possible to get the quality we require to ultimately supply our customers, both trade and retail, with the best traditionally smoked product. It's a delight to serve Staithe Smokehouse fish in some of my dishes on The White Horse menu.'

Hence, don't be surprised to find Phil's produce on the menu, whether that's Staithe Smokehouse salmon, with cucumber, puffed rice, horseradish; or Staithe Smokehouse cod, with mashed potato, spinach, poached egg, and cooked hollandaise.

And it's not just traditional smoked goods on sale back down the garden in the smokehouse. There's a little shop at the front which sells local products, such as Yare Valley Oils and Montys Mustard. 

Staithe Smokehouse is open on Tuesday, Wednesday, Friday, Saturday and Sunday, from 10am to 3pm. Call 07717 702630.



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food consultant,
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and food writer

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FROM THE
TO THE
SHORE

WHAT'S NOT TO LOVE ABOUT THESE SUMMER OFFERINGS FROM OUR FREE FROM RECIPE WRITER **SARA MATTHEWS**? ENJOY HER VERSION OF FISH AND CHIPS AND A CHEEKY COCKTAIL, TOO

PHISH AND CHIPS

Fish and chips is always a treat but for those who are unable to eat fish, this tasty treat is off limits - or is it? This recipe, which is easy to make, gives you all the flavours and texture without the actual fish.

SERVES FOUR

INGREDIENTS

Tofu fish steak; 1 packet of extra firm tofu; 3 nori sheets; 1tbsp of gluten free soya sauce

FOR THE BATTER: 1/3 cup of rice flour; 1/3 cup of gluten free plain flour; 1/3 cup of corn flour; sparkling water

FOR THE FLOUR: 1/2 cup of rice flour; 1tbsp of nori sprinkles (a nori sheet blitzed in food processor to form a fine crumb); oil to fry

METHOD

1. Tofu normally comes in a sealed packet in water. Open this, discard the water, then wrap the tofu in a clean tea towel and lightly squeeze to extract as much water as possible without crushing the tofu 2. Then, in a dish, add 2 of the (roughly torn up) nori sheets. These will add the flavour to the tofu. Then add the soya sauce and about 2 cups of hot, but not boiling, water. Stir and leave to one side. Unwrap your tofu and cut into 4 slices. These will be your 'fish' 3. Place them in the nori water. Make sure the tofu is covered - top with hot water if it isn't. Leave to marinate for at least 2 hours.

TO MAKE THE BATTER:

4. Mix all the flours in a bowl, add a little water, and whisk with a balloon whisk or fork until you have a batter consistency.

TO MAKE THE FLOUR:

5. Place the flour and nori sprinkles in a bowl and combine 6. When you are ready to cook your tofu phish, remove from the marinade, pat dry, cut the remaining nori sheet to the sizes of your tofu slices, slightly wet and stick to one side. This will act like the fish skin, adding flavour and colour. Cover your tofu steak in flour, coat in batter and then shallow fry in the oil, turning over to do both sides. Cook until the batter is golden. Serve with chips, tartar sauce and a slice of lemon.



PIÑA COLADA SMOOTHIE

[SERVES TWO]

This Pina Colada smoothie is perfect for breakfast, or add a large shot of rum and enjoy as a cocktail!

INGREDIENTS

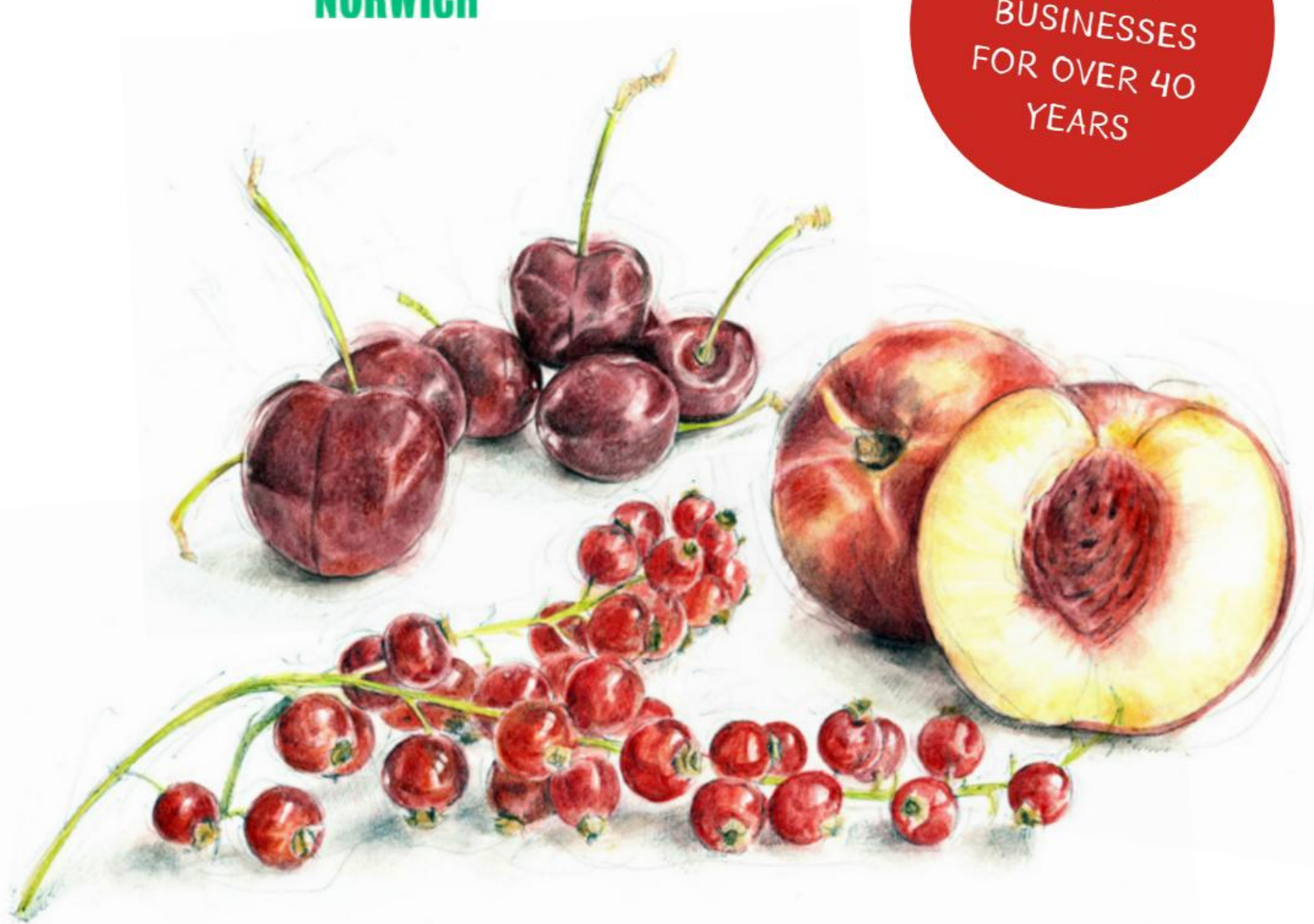
150g of frozen pineapple; 240ml of pineapple juice; 100g of coconut cream, from a can of coconut milk; 25g of shredded raw coconut; zest and juice of 1/2 lime; 1tbsp of coconut sugar; double shot of golden rum - optional

METHOD

1. Open the coconut milk. It is best if this is chilled first as the cream and water will separate. You do not need the coconut water for this recipe 2. Place the cream from the can into a blender, along with the pineapple juice, frozen fruit and the raw coconut. Blitz until blended completely. If using, add the rum and pulse to combine 3. Rub half a lime around the rim of the glass, then dip it into the coconut sugar to coat. Pour the smoothie into the prepared glass and decorate with raw coconut lime zest and fruit.



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PACK UP A PICNIC

- RECIPES -

Here are two of my favourite, fail-safe picnic recipes:

GRAB AND GO LOAF

Stuff a partially hollowed-out loaf of bread with all of your favourite fillings, wrap it up and refrigerate it overnight with a heavy weight on top for condensed picnic sandwiches that won't fall apart when you try to eat them. This version layers pesto, sun-dried tomatoes, fresh basil, artichoke and soy cheese. Try grilled marinated tofu instead, or substitute in another favourite vegan ingredient like avocado, Kalamata olives, roasted red peppers or hummus.

INGREDIENTS

1 large rustic round loaf of bread (approximately 22cm/8" in diameter); 8tbsp of fresh vegan pesto (make up in advance and store in fridge); 250g of soy cheese, tofu, or vegan cheese; 400g of sun-dried tomatoes; a handful of fresh basil leaves; 1 x 180g jar of baby artichoke hearts, drained

METHOD

1. Carefully cut a lid off (approximately 8cm in diameter) the top of the loaf using a sharp bread-knife and set the lid aside. Scoop out most of the bread, leaving the outer shell of the loaf. Using a large spoon, spread the fresh vegan pesto evenly inside the base and sides 2. Thickly slice the cheese, then place the slices and the sun-blushed tomatoes neatly inside the bread on top of the pesto to make an even layer. Top with the basil leaves, followed by a layer of the baby artichoke hearts 3. Replace the bread lid and wrap the whole loaf tightly in Cling Film. Place it in the fridge with a heavy weight on top (such as a plate) to pack it down. Chill overnight. To serve, cut the loaf into thick wedges.

BLUEBERRY AND MINT LEMONADE:

A perfect accompaniment to this loaf is a sweet and refreshing blueberry and mint lemonade. Sugar and mint leaves are cooked down into a syrup, then mixed with lemon juice and served over ice cubes and a handful of tempting ripe blueberries. Use raw sugar instead of white sugar to make this recipe 100 per cent vegan-friendly.

OUR VEGAN WRITER JULIA MARTIN SHARES HER FAVOURITE PICNIC RECIPES WITH US

LOAVES STUFFED WITH VEGGIES and vegan pesto, spicy tempeh sushi rolls, fruity strawberry cocktails and coconut custard pie with spicy papaya sauce are just a few of the dairy-free dishes you could be enjoying on your summer adventures.

From starters to desserts, these fresh, flavourful and creative vegan picnic recipes will impress even your most sceptical omnivore friends and family.

The best thing about picnic food is, I feel, its quickness. You don't want to be faffing around at home when the beach is beckoning you. If you have some staples in the fridge then you can grab and go so very quickly - and be on that beach before you know it!



JULIA MARTIN

JULIA RUNS A NORWICH BASED CATERING AND EVENTS COMPANY WHICH SPECIALISES IN LOCALLY SOURCED VEGAN AND VEGETARIAN FOOD

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CATHERINE JEANS

NUTRITION

- COLUMN -

THE TRUTH ABOUT SUGAR

NORWICH NUTRITIONAL THERAPIST
CATHERINE JEANS WARNS AGAINST
A DIET WITH TOO MUCH SUGAR

OKAY, SO RIGHT NOW you're probably thinking - not another article about sugar! I know, I know: we hear all the time about how sugar is bad for us. So I just thought I'd put everything into perspective for you, cut through the nonsense and tell you what you really need to know.

ARE WE EATING TOO MUCH SUGAR?

The answer is a resounding yes! Sorry to tell you that, but the majority of the population eat too much sugar, and it's blighting the health of our nation, and the world! I know that sounds dramatic, but type 2 diabetes is skyrocketing, our waistlines are getting more and more out of control and people are living off sugar just to get them through their day.

In the 1900s, the population of the UK ate, on average, three teaspoons of sugar per day; now, the average person in the UK eats around 30-plus teaspoons. Does that sound excessive to you? Well, if you add up the sugar in your tea/coffee and drinks, plus alcohol, the hidden sugar in your breakfast cereals, breads, sauces and other packaged foods, (the biscuit at lunch and mid morning and afternoon break), the lattes and the mochas - before you know it, you're getting to an unhealthy level of sugar - often without even realising it.

SHOULD WE ALL BE SUGAR FREE?

The thing is, we don't have to all go sugar free. Let's not go to extremes here, and the odd bit of cake once a week with your friends or a piece of chocolate on a Friday and Saturday night is not an issue.

The problem is that eating sugar has become so normal. It's not a treat anymore.

We're replacing proper food with sugar on too many occasions and our kids are being given the message all the time that it's okay to eat a lot of it, every day! Stopping for a chocolate bar because you didn't have time for lunch. A bag of sweets after your evening meal because you're feeling hungry still. Breakfast cereals laden with sugar. A sweet treat after school.

HOW TO GET THE RIGHT BALANCE WITH SUGAR?

So my view is: take sugar and sweet things 'off the menu' and enjoy them at the right time. Try to find something that's got some nutritional value rather than completely empty calories. Swap mass produced processed muffins and cakes with something from a local bakery that's been made with love and care.

Don't eat chocolate when you're hungry, but do eat a few squares of your favourite chocolate (preferably dark) after your evening meal.

Don't eat biscuits with your afternoon coffee just to get you through the day. Instead, have a few nuts to keep your blood sugar levels balanced before you get home for your dinner.

Finally, watch out for so called 'low sugar' recipes which are still very high in honey, dried fruit and maple syrup. A recipe with 200ml or 300ml of honey is not a low sugar recipe, even if it is unrefined!

See our website for Catherine's recipe for healthy flapjacks, as pictured above.

VISIT www.thefamilynutritionexpert.com

LAKENHAM CREAMERY

- RECIPE -

Scream FOR ice cream

SUMMER MEANS ONE THING - ICE CREAM. TRY THIS **LAKENHAM CREAMERY** RECIPE - AND ENTER THEIR COMPETITION TOO!

NORWICH-BASED LAKENHAM CREAMERY was established in 1921 to produce traditional ice cream using fresh milk from local farms under the Aldous brand name, the founder being the rather wonderfully named, Christmas Aldous.

In 1987 the company started making the gourmet Norfolk County Fresh Cream Ice Cream, using a fresh cream base, sugar, eggs, and natural flavours. All the ice creams are made in the traditional batch method, with the cream arriving fresh in the morning, and going straight into the pasteuriser where the sugar and eggs are added. After pasteurisation, the mix is cooled and 'aged' overnight in refrigerated vats to allow the full flavour to emerge. It is then frozen, hand filled into tubs and finally hardened at -25°C.

The choice was originally just vanilla but there are now around 30 different flavours, with new ones constantly added. From raspberries and cream to fruits of the forest; butterscotch to rum and raisin; pistachio to stem ginger; and coffee to chocolate, and new this year is rhubarb and custard!

This summer the company, which has won 32 Great Taste awards, is running a competition to win, yes, lots of ice cream. Full details are on their website but they really want to see some crazy pictures of you or your family tucking into an ice cream or two!

Using #LoveNorfolkCounty, you need to post your picture on Instagram. The organisers are picking a winning photograph each month until the end of September 2019. The monthly winner will receive six Norfolk County 500ml tubs and you can choose what flavours you like!

Lakenham Creamery has a stall on Norwich Market and is based at Trafalgar Street in the city

POACHED FIGS WITH MASCARPONE AND FIG ICE CREAM

SERVES FOUR

INGREDIENTS

8 fresh figs; 175ml of Sauternes dessert wine;
1 vanilla pod; a drizzle of honey or maple syrup;
500ml tub of Norfolk County Mascarpone and Fig ice cream

METHOD:

1. Preheat the oven to 180°C 2. Wash the figs and remove the stalk and any pips on the base. Then cut a cross slice from the top to the bottom to halfway down the body of the fig 3. Pour the Sauternes into a small dish and remove the vanilla seeds from the pod before mixing these with the wine 4. Place the figs, bottom down, in a small ovenproof dish. Pour the wine mixture over the centre of the figs, making sure the liquid is deep enough to cover at least half the fig and place in the oven for 45 minutes. After 15 minutes of cooking, baste the figs with the wine every 10 minutes. 5. Allow to cool or chill completely before spooning the cold syrup over the figs and serving with our Norfolk County Mascarpone and Fig ice cream. Add a drizzle of honey or maple syrup to finish.

visit www.lakenhamcreamery.co.uk





EACH MONTH **ROGER HICKMAN**, CHEF-PROPRIETOR OF THE AWARD-WINNING ROGER HICKMAN'S RESTAURANT, SHARES HIS TOP KITCHEN TIPS AND ANSWERS YOUR QUESTIONS ON ALL THINGS CULINARY

Like most people, I am concerned about the amount of food we all waste. What tips do you have for reducing this?

It is often assumed that restaurant kitchens have a higher level of waste than domestic ones, but actually, nothing could be further from the truth. Every chef knows that to keep costs down – and hence keep menu prices down – we have to make full use of everything which arrives at the kitchen door.

It is estimated that in domestic kitchens, as much as a third of all food that is bought is thrown away. Not only is that a huge waste of money, but at a time when we are all more aware of how scarce the planet's resources are, it is no longer acceptable.

So here are some tips, which home cooks can learn from, about how professional kitchens minimise waste:

1. Plan ahead: If you know what you are going to be cooking, you can ensure you only buy what you need. You can also plan for how you can use the leftovers from one meal for the next day's dinner.

2. Overlap ingredients and garnishes: If you are using a bulb of fennel today, think about what you could cook to make use of the fennel fronds, for example.

3. Soups, stocks and purées: These are great ways of using vegetable trimmings, meat bones and so on – there is so much flavour locked into those bits that many of us throw away.


4. Use everything: How many people strip the leaves off herbs and throw away the stalks? Or eat the tails of



prawns and discard the heads? There is actually very little of what we consider waste which you can't actually use. For example, the rind of Parmesan works as an incredibly effective flavour enhancer for stews.

5. Use ice cube trays: These are ideal for freezing concentrated homemade stock, ensuring that you can defrost just what you need, instead of thawing a whole batch and then throwing half of it away.

6. Use your freezer properly: By which I don't mean storing shop-bought ready meals for microwaving. Freeze portion-size amounts of surplus food so that when you need a quick meal, it can be homemade – and reduce your food waste.

7. Portion control: The mantra of every professional kitchen. There really is no point loading plates with more food than people want to eat. Either they will not finish the dish, resulting in waste, or else they will eat more than they want, contributing to the UK's obesity problem. Two words: smaller plates. 

SHOP and EAT local!

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ONE ASPECT OF A LIVE-IN CARE WORKER'S ROLE is to prepare attractive and nutritious meals for the people they are supporting.

Our clients have favourite dishes, preferred vegetables and fruit, and have their own ideas as to how they like their food cooked. Celebration days, such as birthdays, Christmas, and Easter offer opportunities to have food which they can no longer prepare themselves, but which will bring back happy memories when cooked for them.

As a Norfolk company we are biased when offering recipes to our care workers and often offer them traditional Norfolk recipes to try.

One plant that is synonymous with Norfolk is mustard which has been grown in the county since 1858, and there are several ways to give additional flavour to food using this condiment.

- Try adding a couple of spoonfuls to mashed potatoes.
- When making sausage rolls, spread a little mustard on the pastry before adding the sausage meat.
- Stir in a little mustard to the cheese sauce in cauliflower cheese.

Another plant that is used in many culinary dishes is mint. Most of the mint grown agriculturally in the UK is from Norfolk.

- Consider adding a couple of mint leaves to a cup of coffee, and follow a trend which started in San Francisco.
- Chop up a few fresh mint leaves and add to cooked rice for a refreshing and colourful change.

NORFOLK FAIR BUTTONS

To accompany afternoon tea, Norfolk Fair Buttons are a traditional recipe dating back to the 19th century. They are simple to make and delicious to eat

**MAKES
12**

INGREDIENTS:

8oz of flour; 4oz of brown sugar; ¼oz of ground ginger; a pinch of bicarbonate of soda; 2oz of lard; 4oz of golden syrup

METHOD:

1. Preheat the oven to 350°F (175°C)
2. Mix together the flour, sugar, ginger, bicarbonate of soda and rub in the lard until the mixture resembles fine breadcrumbs
3. Add the syrup and thoroughly mix
4. Roll out thinly on a lightly floured surface and cut into 2" rounds
5. Place on a greased baking sheet and cook for 10 to 12 minutes
6. Cool on a wire rack.



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Scrumptilicious

AS MATILDA THE MUSICAL ARRIVES AT THE THEATRE ROYAL IN NORWICH, HEAD CHEF **KEITH COTTRELL** HAS TWO TEMPTING RECIPES, INSPIRED BY THE POPULAR SHOW!

visit www.theatreroyalnorwich.co.uk

The Royal Shakespeare Company's multi-award-winning Matilda The Musical arrives at Norwich Theatre Royal for a five-week summer run from July 16.

Inspired by one of Roald Dahl's most beloved books, the theatrical treat tells the story of a gifted and brave girl, Matilda Wormwood, whose parents don't understand her and send her to a school run by the terrifying Miss Trunchbull.

The show boasts some memorable tunes, including Revolting Children and When I Grow Up, great dancing, and larger-than-life characters - and an unforgettable scene with Matilda's fellow Trunchem Hall pupil Bruce and a very, very large chocolate cake.

To celebrate the arrival of the show, the Theatre Royal's Prelude has taken inspiration from Roald Dahl's writings and come up with a truly scrumptious sweet feast where young diners (aged 12 and under) can take their pick of tasty desserts from a Teatime Treat Table.

It includes a Magnificent Chocolate Cake, Millionaire Cheesecake Shots, a Chocolate Brownie Mountain, Vanilla and White Chocolate Cheesecake, Summer Strawberry Tarts and Mini Rhubarb Brûlée and Honeycomb, all finished off with lashings of fresh double cream, Strawberry or Chocolate Sauces and Wobbly Raspberry Jelly.

Prelude Head Chef Keith Cottrell shares a couple of recipes which are easy to make at home.

To book a table at Prelude call on 01603 598577 or visit ntr.org.uk/Prelude

Matilda The Musical runs from July 16 to August 17.

CHOCOLATE BROWNIE MOUNTAIN

INGREDIENTS

570g of caster sugar; 420g of margarine; 150g of self-raising flour; 150g of chocolate (mix of dark, white and milk), chopped into small pieces; 115g of cocoa powder; 6 eggs

METHOD

Combine all ingredients and bake in a lined baking tray (25 x 15cms) at 180°C for 30-45 minutes. When cool, cut into squares or triangles and pile high on a serving plate, decorate with raspberries or strawberries and lashings of cream.

MAKES
12
BROWNIES



MAKES
12
MINI BRÛLÉES

MINI RHUBARB BRÛLÉES

INGREDIENTS

FOR THE RHUBARB COULIS:

Large handful of rhubarb stalks, chopped; Stem ginger, finely chopped; caster sugar

FOR THE CRÈME BRÛLÉE:

600ml of double cream; 200ml of milk; 1tsp of vanilla essence; 12 egg yolks; 1½ tbsp of cornflour

YOU WILL NEED:
12 medium sized (7cm) ramekins

METHOD

FOR THE RHUBARB COULIS: Cover the rhubarb and ginger in caster sugar and leave for 10 minutes until some liquid has been released. In a saucepan, cook until the fruit has broken down and become mushy, then purée until smooth. Chill and use a spoonful in the base of each ramekin before pouring the crème brûlée mixture on top. **FOR THE CRÈME BRÛLÉE:** In a saucepan, heat together the milk, cream and vanilla until the mixture begins to bubble. While you wait, whisk together the eggs, sugar and cornflour. Add the cream mix to the egg mix, pass through a sieve and remove any foam. Pour mixture into the prepared medium-sized ramekins (7cms) and cook in a tray of hot water for 25-30 minutes, or until they have a light wobble and have reached 75°C (you can measure this if you have a probe or meat thermometer). Cool before serving.







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BEST IN CLASS

ARCHER'S BUTCHERS

- BUSINESS PROFILE -

ARCHER'S BUTCHERS IN NORWICH MAY BE CELEBRATING ITS 90TH BIRTHDAY BUT IS VERY MUCH LOOKING TO THE FUTURE WITH A NEW ECOMMERCE SITE, SAYS **SARAH HARDY**

STICKY BBQ SHORT RIBS

Perfect for the BBQ

INGREDIENTS

6 meaty beef short ribs (about 3kg); 80ml of rapeseed oil; 2½ red onions, thickly sliced; 4 slices of dry cured smoked streaky bacon, chopped; 450ml of craft beer or lager (we like Redwell steam lager); 350ml of chicken stock; 350ml of orange juice from concentrate; 130g of black treacle; 100g of ketchup; 100g of American style mustard; 75g of brown sauce

SERVES SIX

FOR THE MARINADE:

2tbsp of cayenne pepper; 2tbsp of smoked paprika; 3tbsp of celery salt; 1tbsp of toasted cumin seeds; 2tbsp of garlic powder; 1tbsp of cracked black pepper; 6tbsp of sunflower oil

METHOD:

1. First, make the marinade. Mix the spices in a bowl, then stir in the oil to make a paste. Use a knife to make a deep hole in each short rib, then rub the spice mix all over and into the hole, working the flavour into the meat. Place on a tray, cover and chill overnight. 2. The next day, heat oven to 150°C/130°C fan/gas 2. Heat the oil in a large, shallow pan, tip in the onions and bacon and fry until you start to get a rich colour. Pour in the beer or lager and boil, to reduce by half, then add the stock, orange juice and treacle. Stir well and bring to a simmer. Place the marinated short ribs in your largest roasting tin. Pour over the braising liquid, then cover tightly with foil. Transfer to the oven and cook the short ribs for 4 hours, check them to see they are really tender; if not, return to the oven for a bit longer. 3. Once the ribs are cooked, remove and put on a plate to rest and cool. Strain the braising liquid into a saucepan. Remove the top layer of fat using a gravy separator or a ladle, then set over a high heat. Simmer the sauce until it becomes rich and glossy, then whisk in the ketchup, mustard and brown sauce. 4. To barbecue the ribs, heat your coals until ashen or set a gas barbecue to medium. Cook the ribs until nicely charred and hot all the way through, then baste with the sauce to finish and cook until sticky. Baste well with the sauce and grill, daubing with the sauce a few times, until it forms a charred, sticky crust.

Service remains key, with plenty of banter on offer with the loyal customers - and plenty of advice on what joint to select or how to cook a particular cut. 'Supermarkets just don't have that flexibility,' he says. 'We can prepare a particular cut for them, even make a particular flavour of sausage for them - whatever they want, really.'

And the business offers plenty of add-ons, such as butchery masterclasses, and is a well known events caterer, with their hog roasts particularly popular.

No wonder then, that the company was named Britain's Best Butcher Shop 2018 at the Meat Management Industry Awards - the Oscars of the meat world!

Tastings are held in the Plumstead Road store every Saturday featuring Proudly Norfolk members.

Look out for a new sausage made with Norfolk Raider Cider, which is produced at White House Farm on the outskirts of the city. It has a sweet, slightly peppery flavour and works well on barbecues. Add a dollop of apple sauce and mustard!

The secret to success in business is not to stand still, and certainly Archer's butchers in Norwich likes to keep ahead of the curve.

The business has its flagship premises in Plumstead Road, Norwich, where there is a shop, takeaway, well equipped kitchen (where an increasing amount of ready meals are produced) and a meat preparing area.

It is now run by the third generation, Jamie Archer and his wife, Lucy. The business was started by his grandfather, John, in 1929, with a stall on Norwich market, and went on to have several shops around the city.

From 1982, it was run by his father, Jimmy, with Jamie taking the helm in 2009. He has been instrumental in keeping the family business on track by adapting to changing shopping habits. 'People are buying more pre-prepared products, more marinated meats, and smaller joints to roast, for example,' he says. Indeed the selection of ready meals available is more than tempting, with coq au vin, hunter's chicken, dauphinoise potatoes and lots of pies - lamb and minted peas caught my eye - plus pork pies, sausage rolls and yummy Scotch eggs!

And one of the biggest challenges Jamie has recently undertaken is an online shop, where you can buy anything from sausages to cheese, BBQ packs to chutney and macaroni cheese to eggs!

With plenty of enticing photography, it is a one-stop shop which immediately proved popular with customers.

While the business is constantly moving forward, Jamie is as committed to provenance as ever. His suppliers are almost all within a 25-mile radius of the shop and include pork from Tim Allen in South Creake, near Fakenham, beef from a farm near North Walsham, lamb from Costessey, near Norwich, and free range chicken from Hindolveston, again near Fakenham.

'It is all about quality - I know how the animals have been kept,' explains Jamie.

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- COMPETITION -

CHANCE TO
WIN

visit www.wivetonbell.com and www.izzi-rainey.com

FROM PASTURE TO PLATE

THIS SUMMER FEAST NORFOLK IS TEAMING UP WITH BOTH THE **WIVETON BELL** AND TEXTILE COMPANY **IZZI RAINERY** TO OFFER ONE LUCKY READER THE CHANCE TO WIN LUNCH FOR TWO AND A SELECTION OF HOMEWARE GOODIES!

PASTURE TO PLATE is something which really matters to North Norfolk pub the Wiveton Bell. It is the importance of supporting local farmers and suppliers and the traceability of their produce which have led them to one of their latest suppliers.

The picturesque coastal pub has recently teamed up with a local cattle farmer, Izzi Rainey and her family. The small farm, Bates Moor Farm, based in Foulsham, near Fakenham, focuses on rearing hardy, grass finished Highland cattle, which thrive out on the meadows all year round. The breed is slow finishing, taking up to 30 months, resulting in excellent flavour and marbling to the beef.

Izzi says: 'When Head Chef Simon Haynes first approached me with the idea of supplying the Wiveton Bell, I was over the moon. What a fantastic opportunity to showcase our Highland beef, and also to be associated with such a prestigious Norfolk pub is a great platform; especially as I have only begun to take over more responsibility on the farm in the last five years.'

The prize

Award winning pub The Wiveton Bell is offering lunch for two and Izzi Rainey is offering an oil cloth apron, oven gloves, hob covers and a tea towel.

How to enter:

Simply answer the following question:

What is the name of Izzi's farm?

Enter online at www.feastnorfolkmagazine.co.uk

The prize is valid for 12 months from the date the competition winner is announced. It is open to over 18s only, a booking must be made in advance and normal Feast Norfolk magazine competition rules apply. The editor's decision is final. The closing date is August 31, 2019, when a winner will be selected at random.

'I am really passionate about promoting the Highland cattle breed for their beef; they are often seen as a thing of beauty and regularly spotted on a postcard. However, I would like people to be able to see them with commercial value - they are hardy, good-doing cattle which finish well on grass alone to create tasty, marbled beef.'

On the menu expect to find, for example, Aged Highland Beef Steak Burger with Candied Bacon, Rarebit, Celeriac Remoulade, and Beef Dripping Chips.

Izzi's passion for farming has translated into her latest designs, using the farming environment and countryside surroundings as inspiration for her bold and textural prints. Starting her blog 'Over The Farm Gate', last year, has been an opportunity to gather inspiration from local farms - visiting local farmers, sharing their stories whilst at the same time drawing from the various farm animals that they breed and rear. These drawings and prints have featured in the latest collection of designs for stationery and homeware, including - new for this year - aprons.



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SOWING THE SEEDS

KEVIN MORRIS OF BAWDESWELL GARDEN CENTRE, IN THE HEART OF NORFOLK, TELLS YOU WHAT YOU SHOULD BE GROWING FOR YOUR KITCHEN TABLE THIS SUMMER

SUMMER IS A WONDERFUL TIME in the garden, as it is not only filled with fragrance and colour, but the vegetable patch is beginning to be bountiful with its harvest of seasonal produce.

Growing your own fruit and vegetables is really rewarding. It's also a great way of introducing children to the joy of gardening as there is nothing more wondrous than seeing a tiny seed grow into something delicious!

Why spend a fortune on non-eco bags of salad from the supermarket when you could be growing your own? Salad leaves are cut-and-come-again crops; as you cut immature leaves, more re-grow. Lettuce is the most commonly grown, but to make your salads a little more exciting why not grow other leaves too, such as chicory, endive, sorrel, spinach, mizuna, mibuna, rocket and mustard – that's one tasty salad!

They are so easy and quick to grow and, because of this, it's fun for children and encourages them to perhaps try things they wouldn't normally eat. Salad leaves are well suited to being grown in containers, grow-bags or even in salad bowls – or at this time of year, sown directly in the garden!

Just sprinkle a mixture of seeds (or rows of individual varieties) lightly on the soil surface, then cover with about 1cm of compost. As the seed grows, thin out some seedlings – this gives more room for plants to develop. You can use the thinned seedlings in salads, too.

Spring onions and radishes are also great to sow directly in the ground throughout July and August – once again, it is very easy. Just sow, water and thin out.

Successional growing is the key – ensuring delicious, freshly grown salad throughout the summer months, so keep sowing.

If it's vegetables you're after then it's not too late to plant carrots for an early autumn crop. They require an open, sunny site and fertile well-drained soil. If your soil is stony, shallow or heavy clay, you may be better trying short-rooted types which are also great in containers. There are numerous varieties available but check the seed packets to ensure they're suitable. If you try to sow them thinly this will avoid having to thin them later!

Other vegetables that can still be planted in July include beetroot, delicious Florence fennel and French beans – all easy to grow although you'll need to build a cane wigwam to support the beans – something else I'm sure the children would love to help with!

Everyone loves strawberries, and those planted in autumn will have been producing fruit for a while now, whilst spring sown ones will see you through Wimbledon and beyond. If you've missed out this year then think about planting some in September – they can be grown almost anywhere – in borders, containers or hanging baskets and just need sun, shelter, and fertile, well-drained soil.

Finally, it's great to keep your vegetable patch natural and companion planting is a good way to do this. By planting strong smelling plants alongside your carrots and salad leaves, (such as alliums) this will ward off many pests, such as carrot fly and slugs. Nasturtiums are also great planted amongst beans as aphids prefer these to the crop. Also, grow some flowers on your patch; bees love borage (which is also edible) and cornflowers look great. Anything that encourages pollinators should be welcomed.

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DIGGING *in*



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THE NORFOLK
SCHOOL OF
GARDENING
LAUNCHED IN
KETTERINGHAM HALL'S
STUNNING WALLED GARDEN,
NEAR NORWICH, EARLIER
THIS YEAR. **EMMA OUTTEN**
SPENT THE DAY LEARNING
ALL ABOUT GROWING VEG

NORFOLK SCHOOL OF GARDENING

- G R O W Y O U R O W N -

THE VEGETABLE PATCH was something of an institution, growing up. Runner beans, peas, carrots, radishes...my mum grew them all. Until she decided to dig it all up and landscape that corner of the garden, instead.

She might've been an old hand at growing veg, but what if you're new to growing edibles but like the idea of having an allotment or a patch at home?

Just a few miles outside of Norwich, at beautiful Ketteringham Hall, there's now an opportunity to go back to school and learn how to do it properly.

The Norfolk School of Gardening launched earlier this year. Founder Ruth Darrah, who has recently completed the RHS Level 2 Diploma in the Principles of Horticulture at the Royal Botanic Garden Edinburgh and Easton & Otley College, founded the school to share her passion and give others the confidence to get the most out of their own gardens.

Along with lecturers Kevin Bailey and Jonathan Darby, the gardening school offers short courses for both professional and amateur gardeners - and is even planning to offer horticultural therapy in the future.

I went for the day, to get a thorough introduction to veg growing. We started off in the classroom, under the tutelage of Kevin, who has 35 years of horticultural experience, having taught RHS, BTEC and City & Guild qualifications at Burlingham and Easton & Otley Colleges for many years.

He starts off by saying: 'The best thing to do is write down what you like to eat - that's an important starting point.'

We went through the different families of vegetables: brassicas (broccoli and so forth); legumes (all kinds of beans, basically) and onions; potatoes and other crops; and roots (beetroot and so on). 'Beetroot leaves are nice with pasta,' says Kevin, as an aside.

In fact, he is full of anecdotes - did you know, for example, that wild cabbages grow by the roadside in Pakefield?

'The next thing,' says Kevin, 'is working out what is the most expensive thing to buy in the shops.' For example, when a bag of mixed salad in the shops costs 75p but you can buy a pack of mixed seeds for 25p, he makes the point: 'if you grow your own it will cost tuppence.'

We then moved on to crop rotation, a simple practice that makes the best use of soils in vegetables plots - one of the advantages is it prevents soil borne pests and diseases by interrupting their lifecycle. 'I'm an organic gardener so crop rotation, for me, is essential,' says Kevin. 'I like a



EMMA DIGGING IN



four-year plot rotation system, that's the simplest and easiest one to do, but you can do three- or five-years - I've seen someone do an eight year one.'

And it's all about working with the space you've got. I have a small garden in the city, so Kevin suggests starting off with a square metre raised bed, which could be made out of excess decking, say.

The course was very helpful: we were given a vegetable grid to help us work out what vegetables to sow - and ultimately harvest - in what month, and we learnt that, when planning a vegetable plot, there are a number of cultivation strategies that can be used to maximise the time, space and nutrient balance of the plot.

'One of the purposes of a vegetable garden is to have vegetables for as long as possible in the year,' says Kevin.

For example, there's intercropping (by cultivating plants that grow at different rates, it's possible to get two harvests from a single bed) - small, fast-growing plants such as radishes can be intercropped with bulkier plants such as winter brassicas, which will not be ready until later in the summer.

Or else there's successional sowing, which is simply planting small amounts of seed in one portion of a bed and then sowing in further portions of the bed at weekly or 10 day intervals - a useful technique for salad crops such as lettuce.

Outside, in the Victorian Walled Garden, is where all the action takes place. Ruth says: 'The walled garden is a blank canvas but we have already erected a polytunnel and installed a

huge greenhouse, and we have four veg beds ready to be planted.' Broad beans and such like are being started off in the greenhouse, whereas potatoes and winter kale are already taking root in the beds.

If you're feeling green-fingered, this is the perfect day out. Tea, coffee and biscuits are provided, and, as for lunch, it's a case of take your own lunchbox, or, as Ruth says: 'We have just started supplying The Orangery Tea Room with salad leaves. Tomatoes, beans, squash and potatoes will follow in the next few weeks, as will cut flowers for the tables.'

If you're looking to grow herbs in particular, then the Planting Pots, Baskets and Containers course could be for you. Kevin says: 'It was my fascination with herbs which got me into gardening in the first place.'

Check the website for course dates for the next Introduction to Vegetable Growing and look out for Introduction to Fruit Growing in the future.



Sweet, acid, bitter

JOSÉ DE LEÓN GUZMÁN
PAYS TRIBUTE TO A
NORWICH-BASED
TEACHER, SCIENTIST,
AND SELF-CONFESSED
'COFFEE GEEK', WHO
PASSED AWAY RECENTLY

LONG BEFORE NORWICH developed a reputation for amazing forward thinking coffee, with its fancy coffee shops and the ridiculously super elaborated (tacky if you ask me) latte art, there was a scientist, a dreamer and a very dear friend who led the way for us to develop speciality coffee in the city.

Anyone who is involved in coffee in Norfolk was influenced in one way or another by him or his vision of coffee and his flavour profiles. He would go out of his way to explain anything you wanted to know about coffee and, in many cases, do the research himself and then take the time to teach us about it.

Back then, not many people understood the importance of water in coffee, let alone the importance of certain components in it, and he was the first person to introduce me to it. Because of him, our coffee changed forever and he inspired me to work on different temperatures to extract better coffee, something that we now take for granted.

Sure, it is in part thanks to the development in technology that we can now extract at different temperatures, but he was so ahead of his time to understand this. He gave me the confidence to not care about the 'rules' and to re-write some of them!

His name was Dave Hart (@sweetacidbitter) and he


passed away peacefully at the end of May. This piece is a tribute to him and all he did for the Norwich coffee scene. It was Dave and his approach that inspired many of us to develop better coffee and he deserves all the credit for it. He was the real Coffee Guy.

Like all heroes, he would never be loud; when talking chemistry with me he would always find the right words to be able to tell me in a very loving way that I was out of my depth. Nonetheless, he would never leave until he was sure I understood everything he was trying to teach me.

Kofra and many other coffee shops would not exist without Dave and his contribution to the speciality coffee industry, an industry that is always evolving fast, and therefore that forgets quickly its own heroes in search of the perfect cup.

He will be missed, but his philosophy on espresso will live with us, as we will do our best to continue making him proud and ensuring that we can serve the best Sweet, Acid, Bitter little package of flavours that so often gave him goose-bumps.

Someone asked recently: 'What do you think happens when we die?' He answered: 'I know that the ones who love us will miss us.'

And I know that I will miss Dave. 

NICK'S BEETROOT AND CARROT FLUFFY DUMPLINGS IS JUST ONE OF THE DISHES THAT USE MICRO HERBS AND/OR EDIBLE FLOWERS FROM NURTURED IN NORFOLK. AVAILABLE AT BENJI'S

Flower POWER

JARROLD EXECUTIVE CHEF
NICK HARRIS INTRODUCES
ONE OF HIS LOCAL SUPPLIERS,
NURTURED IN NORFOLK



AS A CHEF, I think it is important to have a firm understanding of where and how our wonderful products are produced. So we organise trips out to meet our suppliers on a regular basis, taking groups of chefs to experience first hand.

For me, it is about understanding the hard work, science and passion that many of these suppliers have put in, and I hope this will add to the enthusiasm of my team, and can only be a positive in producing better food as a result.

There is no doubt that eating foods when they are in season can make your meals taste more flavoursome and delicious. Have you ever tried a strawberry out of the summer season that just tasted watery and bland? And it's not just the fact that foods out of season lack taste - foods such as tomatoes can sometimes just not taste as you remember them as a child. There are many reasons why - the unpredictable British weather and even how they are planted and what they are planted in, can have an impact on the flavour.

One man who knows about flavour more than most is ex-chef Allan Miller, who has moved from cooking to growing micro herbs and edible flowers for restaurants with his wife Sue.

I caught up with Allan at their business Nurtured in Norfolk in Toftwood, Dereham, to find out more.

TELL US A BIT ABOUT NURTURED IN NORFOLK

Both Sue and I were chefs and we found that we couldn't get the herbs and edible flowers we wanted from suppliers so we decided to grow our own in a greenhouse in the garden. We just supplied the restaurant we worked in, but soon others wanted us to supply them too, and our business just grew from there. Now we have over four acres of greenhouses, refrigeration and a packaging station and we are constantly developing our growing processes and new products. Our priority is to ensure the best

flavour in everything we grow. Our experience as chefs gives us an edge to achieve this.

WHO DO YOU SUPPLY YOUR PRODUCTS TO?

Mainly to the restaurant and catering industry. Michelin star chefs use our products and even business such as British Airways - if you fly first class with them, you might discover butterfly sorrel in some of their dishes.

I use micro herbs and edible flowers as a garnish, with fish dishes and in salads, but how else can they be used?

They add depth and flavour to a dish and the more robust flavours of herbs, such as coriander, lemon balm, basil and red vein sorrel, can be used in dishes as well as a garnish. Then there are plants such as the Red Orach, which is a great alternative to spinach as not only does it have more antioxidants but it also adds colour to a dish. You can also use our products as an infusion or in a cocktail as a garnish.

HOW DO YOU ENSURE THE UTMOST FLAVOUR IN YOUR MICRO HERBS AND EDIBLE FLOWERS?

We grow all our edible plants in a natural soil base, which helps increase the flavour as the plants benefit from the nutrients, but there are a lot of challenges to ensuring we get the best yield. Each plant reacts differently to even the slightest change in temperature so with the British weather it is a challenge to say the least!

WHAT'S NEXT?

The chefs we work with are always demanding something different. This year it's very much about micro coriander and the next big thing will definitely be mini vegetables.



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AS CITY COLLEGE BREAKS FOR THE SUMMER, HOSPITALITY LECTURER AND DEBUT MANAGER ALAN GEORGE MAKES THE CASE FOR A GOOD MOCKTAIL, PERFECT FOR LONG SUNNY DAYS

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MANY NON-ALCOHOLIC DRINKS are, to be frank, boring, for people like myself who can no longer drink alcohol for medical reasons or people who have simply chosen to change their lifestyle.

Thankfully there is a growing trend to make non-alcoholic drinks far more exciting. Back in the spring, we uprooted from the City College Norwich campus to support the Norfolk Careers Fair at the Norfolk Showground. Over two days there were a total of 6700 visitors, most of whom were under age, so we decided to create an interactive exhibition stand, setting up a Mocktail Bar - all the theatre of a cocktail but without the alcohol. Visitors loved it, making it on a smaller scale using a cocktail shaker.

In planning for the Careers Fair, my Fragrant Summer pitcher was born, my students being the chief tasters, and the training session turning into a very positive and motivating teaching session.

I really enjoy this mocktail, perfect for a summer's day or evening. I always have the ingredients on standby, just in case friends pop by, but for me minus the alcohol!

FRAGRANT SUMMER PITCHER

INGREDIENTS

175ml of raspberry and rose cordial; 125ml of elderflower cordial
50ml of grenadine; 1l of soda or sparkling water; 2 fresh limes
Small punnet of fresh strawberries; 1 bunch of fresh mint (optional); small punnet of raspberries (optional)

METHOD

1. Fill $\frac{1}{3}$ of a 2 litre pitcher Jug with ice cubes, zest 2 limes over ice cubes, and squeeze over juice. Add $\frac{1}{2}$ of the raspberries and strawberries.
2. Pour in raspberry and rose cordial, elderflower cordial and grenadine, vigorously stir to blend and break up strawberries.
3. Add soda or sparkling water, filling jug to the top.
4. Pour into glasses and garnish with lime zest and split.

NB. You can transform this mocktail into a cocktail by adding 150ml measure of either plain or summer fruit flavoured vodka or gin, for that extra kick.



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SUMMER COCKTAILS

- DRINKS -

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LEMON DROP

INGREDIENTS

25ml of Adnams Longshore Vodka; 25ml of Triple Sec; 50ml of lemon juice; 50ml of sugar syrup

METHOD

Serve in a martini glass finished with a sugared rim and garnish with a lemon curl.

visit www.adnams.co.uk

ELDERFLOWER FRESH

INGREDIENTS

50ml of Adnams Copper House Dry Gin; fresh mint; thick slice of cucumber, quartered; 100ml of chilled elderflower pressé; a slice of lemon

METHOD

Add gin, mint and cucumber in a shaker, stir and muddle. Add ice and shake. Using a strainer pour into glass and top with elderflower pressé. Garnish with a mint sprig and lemon slice.

HEDGEROW SLING

INGREDIENTS

25ml of Adnams Sloe Gin; 25ml of Adnams Copper House Dry Gin; juice of half a lemon; 12.5ml of sugar syrup; soda water

METHOD

Add your gins, lemon juice and sugar syrup to a cocktail shaker. Shake with ice, strain into an ice-filled glass and top with soda water. Swizzle, and garnish with a slice of lemon for a refreshing pink-tinged drink.

PINK FRENCH 75


INGREDIENTS

35ml of Adnams Copper House Pink Gin; 15ml of fresh lemon; 15ml of sugar syrup; 2 fresh raspberries

METHOD

Shake with ice and pour into a flute glass, top with Adnams Prosecco and garnish with fresh raspberries.





THREE WINES ANDY HAS ENJOYED THIS MONTH

Picpoul de Pinet Les Flamants

(Majestic, £7.32 when bought as part of a mixed case of six bottles)

Picpoul is an increasingly popular grape giving crisp, fresh white wines with citrus flavours and floral, even salty notes. From its heartland around the Etang de Thau in the Languedoc, this is a great example; its lemony, mineral notes are the perfect foil for shellfish. And at this price, it's something of a bargain.

Hidalgo Manzanilla Pasada Pastrana (Waitrose, £13.49)

Another wine with a salty tang is Manzanilla sherry, the driest style, made in the seaside town of Sanlúcar de Barameda. Pasada means that the wines have been aged for longer before bottling, giving a richer style. This has a nutty, appley nose, with almonds, orange peel and a salty tang on the palate. A very fine aperitif.

Whispering Angel Côtes de Provence Rosé

(Majestic, £17.99 when bought as part of a mixed case of six bottles)

Nearly 20 quid for a Provence rosé might seem a lot when most of us regard this style of wine as something frivolous to be enjoyed on the patio, but this has substance to go with the strawberries and cream nose, with added notes of peach, rose water and orange blossom. On the palate it has summer berry fruits with citrus zest acidity and a sophisticated finish.

A TOUCH OF STEEL

ANDY NEWMAN IS IN A STEELY MOOD AS HE CONTEMPLATES FRANCE'S MOST NORTHERLY WINE-PRODUCING REGION

BACK WHEN BIG, OAKY Aussie Chardonnays were all the rage, an attitude called 'ABC' started to permeate the wine world. The in-your-face, one-dimensional nature of so many wines on the shelf meant that many consumers started to demand ABC: Anything But Chardonnay.

Most wine merchants and sommeliers will tell the same story from this era: customers who would knowingly tell them, 'I don't like Chardonnay, I'll have a Chablis.'

The joke, of course, is that Chablis is, and always has been, made from 100 per cent Chardonnay. But while such requests brought wry smiles to those in the know, actually it wasn't such a silly thing to ask. Because whilst the most northerly of France's still wine regions does indeed share the same grape variety as so much of the rest of the wine world, the bottles it produces are a world away from the oily, woody, mouth-filling stuff which gave Chardonnay a bad name.

The fact is that Chablis has never gone out of fashion, and it remains the elegant, steely, sophisticated wine that it ever was.

In theory part of the Burgundy vineyard, Chablis is in fact rather detached from the rest of this august region, being some 100 kilometres north of Beaune. Wine has been made here since Roman times, and it was a thriving region in the 19th century - its proximity to Paris gave it a ready market in the days before the railways opened up the south to this lucrative market.

Although badly hit by Phylloxera at the end of the century, it was the economic blow dealt by the railways which really led to Chablis' nadir. From more than 4000 hectares under vine in 1899, it had declined to just 500 hectares by the 1950s. Even being given its own appellation in 1938 did little to halt the decline.

This wasn't helped by geographic factors. Being so far north, frost and cold weather was a big issue, and making a stable living was pretty much impossible, especially given cut-priced competition from the south. It looked like

Chablis would become just a historical wine name.

It was the development of effective protection against frost, coupled with a determined quality drive to differentiate Chablis from its over-producing southern competitors, which really put the region back on the road to recovery.


The renaissance of the brand wasn't instant; even in the early 1980s, Chablis was largely unloved in France itself, with the vast bulk of production heading for export markets.

Although around a third of all Chablis is still made by the La Chablisienne co-operative, this is a region of staggering diversity - at least within the confines of a single-grape, largely homogenous-climate appellation. This is down to two factors: terroir, and oak.

There are seven named Grand Cru vineyards, all on one south-facing hill just outside the town of Chablis itself, and this rarity delivers intense wines and an intensive assault on your wallet. Next on the scale come the 40 Premier Crus, which account for just over a quarter of the Chablis appellation. The most common name you will see is simple Chablis, which can range from the mundane to the fabulous. Last comes the humble Petit Chablis appellation.

But within each of these denominations you will find a surprising variety, and as well as the location and aspect of the vineyard itself, what goes on in the winery is important, especially the use, or not, of oak.

Until 50 years ago, Chablis was unique in the Chardonnay-producing world for using oak only as a storage medium, rather than a fermenting vessel. Then in the 1970s and 1980s, Chablis was not immune to the march of the oak barrel, and while some producers have returned to inert stainless steel vats to give a consistent, steely, mineral wine, others have stuck with the wood, making richer, more complex wine. There is no right or wrong answer; you simply have to taste and find out which suits your palate.

Although it may lack the rich opulence of a Côte d'Or Chardonnay, Chablis can lay claim to being one of the great white wines. The minerality, the steely acidity, the zingy freshness and, for the better wines at least, the capacity for ageing, all combine to ensure that this is one bastion of Chardonnay which is set to defy the fickle vicissitudes of fashion. 



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Spice Route 'The Amos Block' Sauvignon Blanc 2017, £13.75
This spectacular wine is made from the oldest Sauvignon Blanc vines in South Africa (The Amos Block) planted in 1965. Only made in exceptional vintages, this wine exudes pungent passion fruit, lime, green pepper and grassy aromas. Great with salads or just shared with good friends!

Errazuriz Aconcagua Coast Pinot Noir 2017, £14.75
Errazuriz has gained the reputation for producing some of Chile's finest Pinot Noir. The combination of soils and climate found in these coastal vineyards has resulted in a Pinot Noir of great poise and structure. 94pts – James Suckling. 90pts – Decanter.

Sierra de Enmedio Rosado 2018, £9.49
If you're looking for a great alternative to Provence Rosé whilst still retaining that fashionable pale salmon hue then look no further! A light, delicate Spanish rosé with fresh blackberry aromas that carry deliciously to the palate.



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A LOCAL domaine

OUR WINE EXPERT **STEVE HEARNDEN** IS KEEPING IT LOCAL THIS MONTH
— SOUTH PICKENHAM, NEAR SWAFFHAM, TO BE PRECISE!

OUR REGION IS NOW HOME to several vineyards, from Winbirri at Surlingham, near Norwich, to Chet Valley, near Loddon, and Flint, near Bungay, with the winemakers all working hard to create interesting vintages which are gaining national approval.

One of my favourites is South Pickenham, a huge estate near Swaffham, and they have just over six acres with vines. They make white and sparkling wines and they organize vineyard tours and tastings. The white wines are light and fresh, with very balanced acidity and soft citrus flavours. The 2014 is still drinking well and, for a hot summer's evening, is perfect with light meats and quiche. Do not serve it too chilled, as it will ruin the overall balance of the wine - in the UK, when it gets hot, we chill our wines to the extreme. The grapes used are Huxelrebe, Schonburg and Muller Thurgau. The wine has a fairly short finish, which encourages you to drink more and why not at £10.95 a bottle from Tastebuds Wines?

South Pickenham also makes a sparkling wine, which is so refreshing and perfect for celebrations but also for just drinking. The 2012 vintage is still excellent but the new 2015 is something different. In 2012 they planted some Chardonnay vines and the grapes are now part of the 2015 wine. This additional grape gives the wine more finesse

and a softer finish. A hint of brioche and butter makes this wine so drinkable with your party food or even your picnic. Drink from very clean flutes, ideally not washed in the dishwasher, and see the bubbles rush to the top to give a perfect mousse. Cheaper than Champagne, but with the same visual effect, and a perfect taste (£21.60).

As you'd expect, I like to break the rules and still very much enjoy a red wine in warm weather! There are many cheap red wines on the market but I have chosen a wine which is a blend of Pinot Noir and Syrah, with the ratio of 80 per cent and 20 per cent: it's from Les Chemins de Bassac in the Languedoc region of France, and a superb blend of aromas and taste. The Syrah gives the soft black cherries and spice, whilst the Pinot Noir gives the body and depth to the wine. I wrote last month about vegan wines and this wine comes from the same stable (domaine). This wine is 13 per cent so not for the faint-hearted, but the wine is light to drink, and they suggest drinking it at 18°C - I would suggest just a little cooler to get the full flavours. Not cheap but at £18.50 worth every penny for that special meal. 🍴

TASTEBUDS WINES, Norwich Road, Strumpshaw, opens by appointment. Visit www.tastebudswines.co.uk



PINT OF LAGER, *please*

PHIL HALLS OF GRAIN BREWERY IN THE WAVENEY VALLEY
REVEALS WHAT HE WILL BE DRINKING THIS SUMMER!



I LIKE LAGER. There, I've said it.

I am always a bit bemused when people come along to the brewery, and say 'do not fear, I never drink that horrible yellow fizzy stuff, I'm committed to drinking cask beer' or something along those lines. Or when I happen across a friend down the pub, and I'll see them subtly slide their hand up their glass to hide the big 'Stella' logo staring at me. Or when I go out for a drink with a bunch of people, and they will order the latest murky craft beer flavoured with quinoa and hibiscus, and I opt for a pint of Amstel, leaving them looking mildly disappointed and slightly confused.


I like chips too. You see, quite often I don't want my taste buds to be wowed by interesting or powerful flavours, I just want something that hits the spot without me having to think about it too much. And on a summer's day, a good pint of lager does just that.

Lager has been around in the UK for more than a century, but it was not until the 1970s that it became the mainstay of every bar in town. The small brewers were swallowed up or destroyed by the big ones, and cask beer was going through a very vinegary phase. This was when CAMRA was created, but it had a long and difficult battle ahead of it (even longer than 8 Seasons). Keg bitter was the craft beer of its time, and was popular with those 70s hipsters down in the discotheques, and yes, Watney's Red Barrel was the king that ruled them all.

Remember the summer of 1976? That was the turning point for lager in the UK. With package holidays becoming a trend, many had already experienced those pale thirst-quenching beers in Benidorm, and so with the long hot summer of 1976, lager leapt in popularity. Cask beer was vinegar, keg beers were horrible, and lager was 'okay'. Oh how things have changed.

A brief technical intermission...lager is not a style, it is a process. You will hear me say that on every brewery tour I host that makes it as far as the 'lagering' room at the back of the brewery. The term 'lager' comes from the German word lagerbier which means 'stored beer', and is the method of producing those clean and crisp flavours through the process of cold storage for weeks or sometimes even months.

At Grain we brew a 4 per cent Czech style Pilsener lager, and are working on a stronger, more bitter, German variation. It takes a whole extra room of tanks, and a lot of extra time for the beer to sit there, chilling at zero degrees Celsius to develop the soft and crisp flavours we are after. We are riding that current wave of new beers and old beers reinvented, and lager is right up there with the best of them. We had our new 'summer of 1976' last year, and when combined with England's excitement in the World Cup, we found we just couldn't brew our Pilsener fast enough, let alone lager it.

Anyone who knows Grain will know that we don't do 'cheap ingredients'. Using local barley, malted just 10 miles away, and complemented with Saaz hops from the Czech Republic, our Pilsener is crisp, subtly sweet and lightly hopped. I am hoping for another long hot summer this year, or else I am going to have a lot of beer to get through on my own. 



WIN A FOODIE stay

THIS MONTH WE HAVE TEAMED UP WITH **NORFOLK HIDEAWAYS** TO OFFER ONE LUCKY READER A CHANCE TO WIN A FANTASTIC STAY IN THE HEART OF NORTH NORFOLK



How to enter:

Visit www.norfolkhideaways.co.uk/feast and answer the following question: Which coastal town are Norfolk's famous crabs named after?

Terms and conditions

This competition prize is a three-night weekend stay or a four-night midweek stay at Snowdrop Cottage in Burnham Market, to be taken between 4th October and 13th December 2019, (excluding October half term holiday and subject to availability). Maximum of four people and one dog. The prize and dates are not transferable. There is no cash alternative available. Employees and family members are excluded from entering this competition. The winner will be the first correct entry selected at random after the closing date of 31st July. Normal Feast Norfolk magazine competition rules apply and the editor's decision is final.

NORTH NORFOLK is renowned for its big blue skies, stunning beaches, quintessential villages and market towns, gently rolling countryside and, not least, its plethora of great local produce and award-winning pubs, restaurants, cafés, delis and farmers' markets.

Norfolk Hideaways is one of the largest holiday letting companies in the area, with more than 350 properties. From cosy cottages, characterful barns, family and dog-friendly properties to luxury retreats oozing coastal chic, you're sure to find one that suits you and your budget.

The award-winning team are all local and have expert knowledge of this beautiful area and all of our hand-picked portfolio. They have selected one of their delightful new properties, Snowdrop Cottage, where you have the chance to win either a three-night weekend stay or four-night midweek stay.

Snowdrop Cottage is a smart bolthole in the Georgian village of Burnham Market, considered by many to be Norfolk's loveliest, with its vast array of independent shops, galleries, pubs and eateries. Sleeping four, with two bedrooms and one bathroom, outside space and welcoming one dog, it's just the place for a romantic break for a couple, small group of friends or a family.

Part of the appeal of self-catering is that you are not restricted in any way and you have the opportunity to sample lots of local produce. And at Snowdrop you can easily cook up a feast with fresh local produce and ingredients right on your doorstep.

Choose from Cromer crabs, lobsters, mussels, oysters and samphire which can be bought from Gurney's fishmongers; game, meat, homemade pies and cooked meats from Howells the butchers; cakes, pastries and soups from the Burnham Café or Tilly's Café; and, of course, numerous delicacies from the famous Humble Pie delicatessen. Plus, there's also the Tuscan Farm Shop which sells Italian delicacies!

If cooking is not your thing, there are plenty of award-winning pubs and restaurants within a few minutes' walk. Make sure you pay a visit to The Hoste, Socius, 20 North Street, NoTwenty9 or The Lord Nelson during your stay to enjoy a true taste of Norfolk. Visit over Norfolk Restaurant Week and you'll enjoy dining out at a fraction of the cost.

5 OF THE BEST FOOD FESTIVALS

LOOKING BEYOND THE BOUNDARIES OF NORFOLK, WE PREVIEW THIS SUMMER'S BEST FOOD FESTIVALS AROUND BRITAIN

01 YORKSHIRE: MARY BERRY AND BBQS ON THE RIVERBANK

YORKSHIRE DALES FOOD & DRINK FESTIVAL (NEAR SKIPTON), JULY 20 AND 21

So successful was this festival last year – attracting 12,000 people – that it's back this summer, with live celebrity demos by the Hairy Bikers, Brian Turner, Mary Berry and Lisa Faulkner. As well as fascinating workshops and masterclasses, there's a vintage funfair, a cocktail hub, crafting demonstrations and some exceptionally good street food.

Visit www.yorkshiredalesfoodanddrinkfestival.com

02 COTSWOLDS: PRUE LEITH AND PEPPA PIG

THE BIG FEASTIVAL (CHIPPING NORTON) AUGUST 23 TO 25

Taking place over the August Bank Holiday weekend, on a farm in Chipping Norton, this is a three-day, family-friendly celebration of food and music. Ex-supermodel and 'Celebrity MasterChef' winner Jodie Kidd and Prue Leith, amongst many other big names in cooking, will be sharing recipes and tips, and Jess Glynne will be singing her heart out. Children won't know where to begin with Peppa Pig and Paw Patrol stars on the loose, plus cooking workshops, a funfair, a silent disco and circus school.

Visit www.thebigfeastival.com

03 DORSET: MARK HIX AND SOUTH WEST WONDER

FOOD ROCKS (LYME REGIS), SEPTEMBER 7 AND 8

Founded by chef extraordinaire Mark Hix to celebrate the region's fantastic produce, this event also raises much-needed funds for the RNLI. The two-day food extravaganza, curated by Mark himself, brings together the best of Dorset's food and drink, celebrated chefs and local producers from the surrounding regions. Both days will see a programme packed with chef demonstrations, a Crab & Mackerel Supper Club, and a raffle of superb prizes from all the producers and chefs.

Visit www.hixrestaurants.co.uk

04 ISLE OF WIGHT: GARLIC CELEBRATION

GARLIC FESTIVAL (NEAR NEWCHURCH), AUGUST 17 AND 18

Garlic bread and garlic mushrooms are old school. But have you ever tried garlic ice cream, garlic scones or a garlic Bloody Mary? Here's your chance. Situated in the glorious, rolling hills at the heart of the Isle of Wight, this is one of the world's largest celebrations of the piquant bulb. There's also live music, great entertainment, arts and craft stalls, a funfair, talented animals, cookery demonstrations from the best island chefs, and a great big beer tent.

Visit www.garlicfestival.co.uk

05 WALES: JOSÉ PIZARRO AND STARGAZING FROM BED

ABERGAVERNNEY FOOD FESTIVAL, SEPTEMBER 21 AND 22

Launched 20 years ago, this event now attracts more than 30,000 visitors and prides itself on pushing the boundaries of foodie thinking. An outstanding programme of activities includes product tastings, masterclasses, hands-on cookery lessons and topical debates. Superstar Spanish chef José Pizarro will be there, following the launch of his new book, 'Andalusia: Recipes from Seville and beyond'.

Visit www.abergavennyfoodfestival.com

For ideas on where to stay, call holidaycottages.co.uk on 01237 459888 or visit www.holidaycottages.co.uk





LE MORNE BRABANT MOUNTAIN ON MAURITIUS ISLAND

MAURITIUS

- TRAVEL -

Where the Dodo lives on...

DAVID WAKEFIELD AND HIS WIFE,
VAL, FIND THEMSELVES SURROUNDED
BY A CERTAIN EXTINCT ANIMAL ON A
RELAXING HOLIDAY IN MAURITIUS





GIANT TURTLE IN MAURITIUS

MAURITIUS: land of giant tortoises, sweeping volcanic landscapes, beautiful beaches, and the dodo. Yes, we all know that this peculiar flightless bird was literally eaten into extinction in the 19th century by hungry sailors, but go to

Mauritius and it's as if it is still alive and kicking.

The dodo is available in china, metal, stone and as a cuddly toy, seemingly wherever you go. He's on every pashmina, bag, scarf and dish offered on the beaches by the inevitable hawkers; and, for all I know, you can probably get dodo earrings and necklaces! Not that I blame the Mauritian islanders for cashing in on this most unlikely tourism totem; after all, it's the one thing that everyone knows about this beautiful island, which lies off the south-east coast of the African continent.

In recent times, Mauritius has become a favourite long-haul destination, not only for us Brits, but for various European visitors, too. With the main languages being French and English (interspersed with the islanders' unique Creole), it isn't difficult to see why.

The people are multi-ethnic, multicultural and multilingual. The island's government is based on the Westminster parliamentary system (you may well be



MAURITIUS

- TRAVEL -

divided in your views as to whether this is a desirable model, given its current performance) and Mauritius is highly ranked for democracy and for economic and political freedoms, having been occupied at various times by the Dutch, French and British.

Tourism is one of the island's economic pillars, although there is considerable activity in the finance, information and communications fields.

We were recommended the four-star Zilwa Attitude resort in the north of the island. In the Creole language Zilwa means an 'islander', and Zilwa Attitude is the first hotel boasting a Creole name in Mauritius, and is said to be different with its Mauritian concept. Certainly, we were most impressed by the contemporary 'rustic-chic' design and Mauritian architecture which takes its source of inspiration in the 'old days' bungalows, those charming holiday homes built along the beach, with thatch, tin or shingle roofs, polished 'béton ciré' (waxed concrete) floors, rough walls, bright colours and other materials which are reminders of the island's typical way of life.

Zilwa Attitude has a large and comfortable split-level main bar area which was the focus for the evening's entertainment, comprising various local bands and singers, including a troupe of the traditional Segha dancers.

The dance is meant to portray the Mauritian way of life: joyous, carefree and lively.

The beach is a 50 yard stroll away, but there are also several swimming pools, including one for young children. Accommodation is in a series of blocks, and our spacious and comfortable first floor room had a splendid view of the beach and its swaying palms.

Guests can either opt for all-inclusive or room only tariffs. There is one large self-service buffet-style restaurant, which serves breakfast, lunch and dinner. There are also specialist restaurants, offering Chinese, Indian and traditional Mauritian cuisine, plus a beach-side table d'hôte restaurant. Snacks in the form of sandwiches, paninis and wraps, plus burgers, pancakes etc are also available – so there is plenty of choice.

We particularly enjoyed the Chinese and Indian meals, which bore little relation to the type of fodder served up at home. The accent here was very much on presentation – tiny samosas, beautifully flavoured rice and scrummy puddings using fresh fruit. Not a lychee in sight!

Mauritian food, we had been warned, was pretty spicy – but we found it more delicate than expected. Fish such as dorada and tilapi are caught off Mauritius, so feature strongly.

Local beers and spirits are included on the drinks menu, and perfectly acceptable wines were on offer in the all-inclusive package. But, for an extra payment you could move on to better vintages: we didn't bother!

The hotel also offers a lunch-time barbecue on a neighbouring tiny island, with free transport.

Tempting as it was to enjoy the view from a beach lounger, we opted for two excursions to see something of the island. These can be booked at the hotel and are run by Maurcotours, a highly professional company which also supplied our airport transfers.

An all-day visit to the south of Mauritius, and the national park, reveals spectacular vistas in a (dormant) volcanic landscape, rich with trees and plant life. The trip also included a visit to a Hindu temple, with its huge statues, peaceful atmosphere and music. Oh, and you're almost sure to see the Macaque monkeys, native to Mauritius, who look on with curiosity; and the big Indian fruit bats flapping lazily overhead. —



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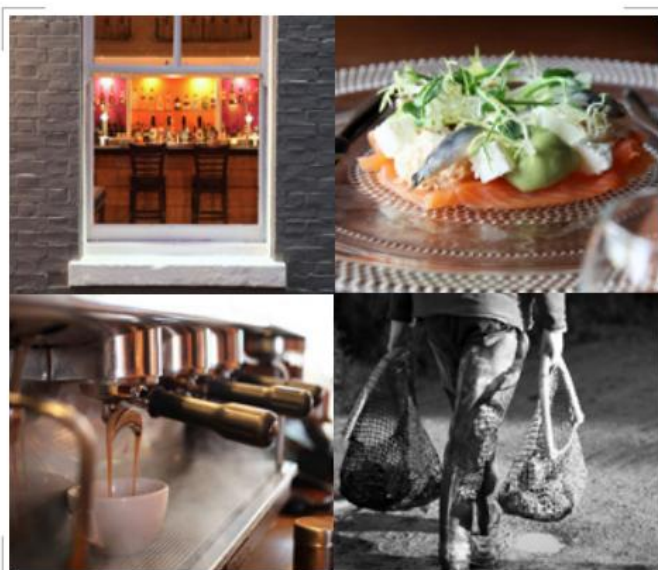
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MAURITIUS

- TRAVEL -



BOL RENVERSER (UPSIDE DOWN BOWL),
- ONE OF THE MOST POPULAR DISHES IN MAURITIUS

We also had a close-up of the giant tortoise, re-introduced to Mauritius after its predecessors went the same way as the dodo!


Our second trip took us to two of our 'must-do' destinations: the capital, Port Louis, and the Botanic Garden, formally known as Sir Seewoosagur Botanic Garden at Pamplemousse, which is one of the most visited attractions in Mauritius.

Many rare trees and plants can be seen here, including ebony and the giant water lilies, the size of bus wheels.

Port Louis is a thriving port with great contrast between the older districts and the waterfront, which features many tall and impressive new buildings. We were taken to the citadel fort, built by the British in the 19th century, for splendid views across the city.

Both tours offered a look at the main industry on the island – sugar – which has a handy by-product in the form of rum! And in both cases, tastings were on offer resulting in some sleeping passengers on the return journey!

Mauritius may not have the same glam image as the Seychelles or the Maldives; but it is a great holiday destination in its own right. Brits will feel at home as cars drive on the left, there is a good road system (lots of roundabouts!) and even brown tourism signs!

Why not give it a try? 

David and Val Wakefield booked their holiday with the in-store Kuoni operation in John Lewis, Norwich. Flights were by Emirates from Stansted, via Dubai, taking about 12 hours in total – although direct flights are available from Gatwick and Heathrow, if preferred.



GIANT WATER LILIES (VICTORIA AMAZONICA) AT
SIR SEEWOSAGUR RAMGOOLAM BOTANIC GARDEN



PORT-LOUIS- CAPITAL OF MAURITIUS



KATIE ANDERSON HAS JUST SET UP A GRAZING TABLE CATERING COMPANY, **HORKEY AND MARDLE**. HERE SHE EXPLAINS HOW SHE CAME UP WITH THE COLLOQUIAL NAME

What led you to setting up Horkey and Mardle?

Essentially a real passion for food and local ingredients has led to the creation of Horkey and Mardle. Working in the local food industry, I have got to know some great people, making some fantastic products and using Norfolk produce - what better way to celebrate and showcase them than grazing tables?!

Who came up with the name and what does it mean?

I really struggled with the name. I wanted Norfolk to be included but could not find anything that sounded right. I had an idea to read a book on historical Norfolk dialect and did some research on some relevant words. 'Horkey' is a term used to describe the end of harvest feast and 'mardle' means to chat with your friends.

Where are you based?

I am based in King's Lynn at the moment, which is where I was born and have grown up.

What was it that appealed about the 'grazing table' concept?

Grazing tables are such a fantastic way to celebrate and enjoy food. For me, the main reason for this is the social aspect of dining in this way. Watching people enjoy and comment on the food is so lovely, and people really interact with

each other about what they like and should try together.

Can you cater for any event, big or small? And how far can you travel?

Grazing works for parties of all sizes, whether it is a wedding for 150 people or a girls' night in for eight friends. The large grazes look spectacular but small ones can be just as special! I am focusing mainly on Norfolk based venues while I am getting established but hope to take Norfolk produce further afield one day.

What is the ethos of your business?

The ethos that drives Horkey & Mardle is the promotion and celebration of locally grown and created products. I want to pull together as many top quality Norfolk suppliers as I can and really show off what this county produces. Supporting local business and top quality is at the heart of what I am trying to achieve.

Would you like to name any of the Norfolk food producers you are working with?

Of course! I am proud to work with fantastic suppliers such as Marsh Pig charcuterie, Mrs Temple's Cheese, Candi's Chutney, Krusty Loaf bakery, Crush Foods, Cross Keys Bees Honey and Three Counties Field Kitchen. Hopefully there will be many more involved by the time I'm done!


We understand Lucy and Richard Golding have been an inspiration?

I have worked for Lucy and Richard for a few years now, first waitressing at Market Bistro and now managing their pub, Goldings. They have certainly taught me a lot and both of their businesses focus on using seasonal and local produce, which has definitely influenced me.

Where do you think your business might take you in the future?

My dream for Horkey & Mardle would be that it grows, enabling me to promote Norfolk produce all over the country. I will also be spending some time writing a journal each week for the website, about Norfolk suppliers and the language I researched for the name.

How do you think becoming a member of Proudly Norfolk Food and Drink will help you?

Proudly Norfolk embodies everything Horkey and Mardle is about. Lots of the suppliers I have used are already members and it creates a real sense of community. Having them there for support will prove very valuable in the coming months I am sure. 

This column is supported by Proudly Norfolk Food & Drink and highlights its members. For more details, visit www.norfolkfoodanddrink.com

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